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HOW WINSLET MELDS HOT MOM AND BROKEN SOUL

A SPECIAL TALENT PAGE 22

Liberating the Liberal senators

Both of British Columbia's Liberal — uh, Independent — senators say it's about time they were set free from partisan politics PAGE 4

Lawsuit alleges Rob Ford ordered jailhouse beating

Man says his injuries were foretold in Ford's 'murder rant video' PAGE 12

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ASSAULT AND FLATTERY

Justin Bieber is surrounded by the media, police and a throng of adoring fans as he turns himself in to authorities at a Toronto police station on Wednesday. Bieber has been charged in connection with the alleged assault of a limo driver in December. See story, page 10. NATHAN DENETTE/THE CANADIAN PRESS

Death in custody spells trouble for Border Services

Vancouver airport. Advocacy groups call for inquiry after long delay in disclosure

Scrutiny

"Someone has died in custody ... and we have questions as to how that came to be. Could her death have been prevented? What were the circumstances?"

Josh Paterson, executive director of the BC Civil Liberties Association

Questions remain surrounding the death of a Mexican woman who had been held by Canada Border Services Agency (CBSA) at Vancouver's airport.

Lucia Vega Jimenez was taken into custody at Vancouver International Airport last month. BC Coroners Service confirmed Wednesday that the 42-year-old was rushed to hospital Dec. 20 after she was found hanging in a shower stall at the airport's immigration holding centre.

Vega Jimenez was removed from life support a week later, according to a release.

News of Vega Jimenez's death surfaced in media reports this week, prompting civil-liberties activists to question why CBSA did not disclose it sooner.

"It took a month for the story to break ... and we think it's completely unacceptable that someone should die in the custody of a law-enforcement agency and no disclosure's made to the public," said Josh Paterson, executive director of the BC Civil Liberties Association, on Wednesday.

Jean-Pierre Fortin, national president of the Customs and Immigration Union, said he only learned of the death from the media this week. He said while Vega Jimenez was in the custody of CBSA, she was detained by a sub-contracted security company.

In a written news release, the group No One is Illegal said the woman was transferred to jail and then sent to the CBSA holding cells to await deportation.

Vega Jimenez was a migrant who worked at a Vancouver hotel when she was arrested last month over an unpaid transit ticket, the group said.

Both BC Civil Liberties Association and No One Is Illegal are calling for an independent inquiry. THE CANADIAN PRESS

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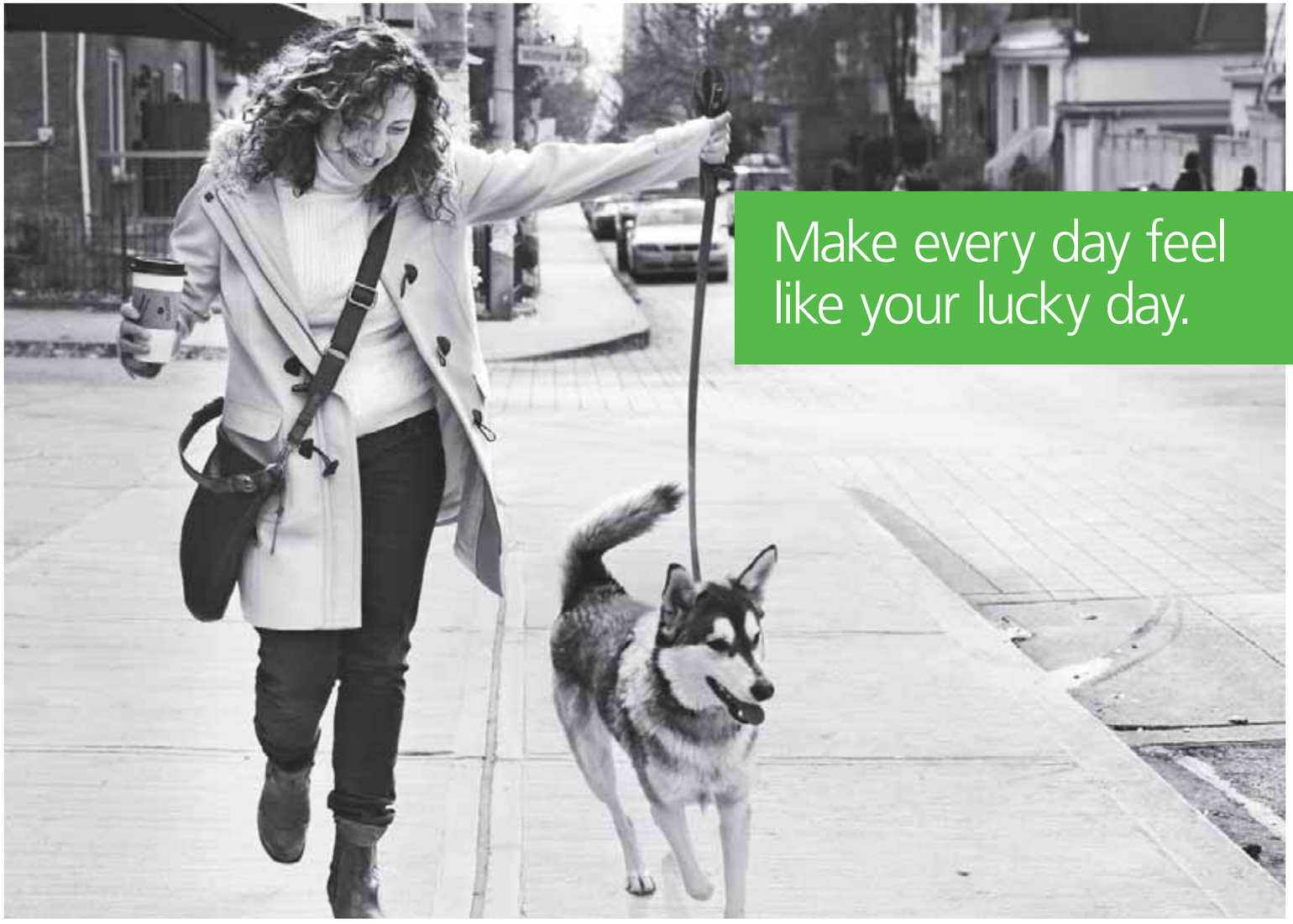

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Police ask for help finding skate-park arson suspects

Surveillance footage. Video shows two men approaching and then running from site of fire

SAM SMITH
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The Vancouver Police Department has released surveillance footage and is asking for the public's assistance in identifying two men believed to be involved in the arson at Leeside skate park Jan. 21.

The fire torched the beloved skate park near Highway 1 and Hastings Street, a longtime hub for likeminded skaters and street artists to practise their craft. A large mural celebrating the life of Lee Matasi, an artist and skateboarder who was killed Dec. 3, 2005, after trying to talk down a gun-wielding stranger outside a Vancouver nightclub, was also burned in the fire.

The skate park suffered significant cosmetic and structural damage from the blaze and remains closed.

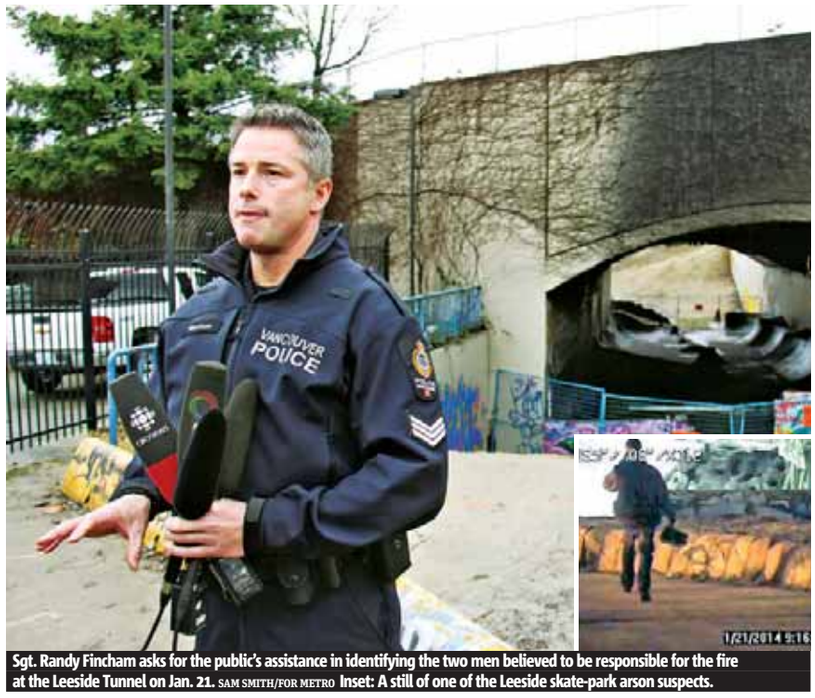
Sgt. Randy Fincham described the one visible suspect as a white man with a medium build and short-cropped hair. Police believe he's in his 30s and was dressed in a dark Varsity-style jacket with brown sleeves, dark pants and dark shoes carrying a gas can. He entered the tunnel around 9 p.m.

"They were seen going into the tunnel and shortly after the blaze was started, they were seen running from the area," Fincham said. "If anyone has any information about the identity of either of those two men, or any information about the arson at the Leeside skate park, we'd appreciate that they call the Vancouver Police Department."

Community investment

$25K

The park, the only one of its kind in Vancouver, was undergoing upgrades after skateboarders pooled together $25,000 to add new features in the tunnel.



Sgt. Randy Fincham asks for the public's assistance in identifying the two men believed to be responsible for the fire at the Leeside Tunnel on Jan. 21. SAM SMITH/FOR METRO Inset: A still of one of the Leeside skate-park arson suspects.

Does our mayor still look anti-gay, Chelsea?

Vancouver Mayor Gregor Robertson at the city's 2013 Pride Parade. JENNIFER GAUTHIER/METRO FILE

Vancouver's mayor hopes an American talk-show host will set the record straight when it comes to his support for LGBTQ rights after she mistakenly confused him with the anti-gay mayor of Sochi on Monday night.

Mayor Gregor Robertson was surprised to see his photo on Chelsea Lately when host Chelsea Handler discussed the 2014 Olympics host city's Mayor Anatoly Pakhomov, he told reporters at an unrelated event Wednesday.

"I have always stood strong and proud for Vancouver's LGBTQ community," Robertson said.

"It's odd that they mixed us up and mixed me up with the mayor of Sochi, who doesn't think there are any gay people in his town, even though there's two gay bars that we know about in Sochi."

But the confusion has bought Robertson more late-night airtime, recently hogged by other Canadian mayors. The mix-up was slated to be addressed on Wednesday's show, E! and NBC's executive director of publicity John Rizzotti told Metro.

While late-night TV can be "precarious," Robertson said, this situation will let the world know that Vancouver really cares about human rights.

"I'm glad she's raising the issue … gay rights going into the Olympics is a huge issue and pressure on Russia is important, and the International Olympic Committee," Robertson said. EMILY JACKSON/METRO

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It's one for the record books.

British Columbians have the highest cost of living in all of Canada, with residents spending 30.8 per cent of their income on shelter, according to a newly released report by Statistics Canada.

On average, B.C. residents spent 67.7 per cent, or $58,808, of their total income in 2012 on goods and services, which accounts for shelter, food, transportation, clothing and accessories.

On the flip side, British Columbians spent the least in the country on transportation and clothing at 17.5 and 5.3 per cent.

Couples with kids had the highest average spending on goods and services at $80,056 across the country. One-person households with a senior aged 65 and up spent the least at $27,546.

Overall cost for shelter increased by four per cent from 2011, with New Brunswick residents spending the least at 22.3 per cent ($11,077).

Those in the lowest income bracket (who spent roughly $30,000 on goods and services) had most of their income spent on shelter at 32.5 per cent. They also spent the most on food at 14.1 per cent, the second most on clothing and accessories at 5.2 per cent and the least on income taxes at 1.1 per cent.

Quebec was the hungriest and most fashionable province spending 15.9 per cent ($7,770) of their income on food and 6.4 per cent ($3,128) on clothing and accessories.

New Brunswick spent more on transportation than any other province with 24.5 per cent ($12,176).

Data was collected in 2012 by StatsCan from a sample of nearly 18,000 households.

SAM SMITH/FOR METRO

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Liberal leader Justin Trudeau speaks to media in Ottawa after kicking Liberal senators out of his caucus Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Cutting us free a good move, B.C. senators say

Trudeau bids adieu, challenges foe.
Independence is mostly being praised locally despite concerns

Quoted

"I thought that this truly will make us separate from the House."
Senator Larry Campbell

SAM SMITH
vancouver@metronews.ca

Liberal Leader Justin Trudeau pulled a surprise move Wednesday when he kicked out every senator from his party, and both of B.C.'s formerly Liberal senators think it's about time.

"I think it's a positive and good move, once I got over the initial news," said Senator Larry Campbell, a former mayor of Vancouver. "When I thought about it, I thought that this truly will make us separate from the House. It's important to be non-partisan in the form of the Senate and hopefully the Conservatives will follow."

Trudeau cut off his party-aligned senators in an effort to create an unbiased chamber and send a message to all of Canada that the Senate is broken and needs to be fixed.

B.C. Senator Mobina Jaffer agrees with the decision and already feels like she has more room to breathe.

"When you're a part of a team, you listen to your team," she said. "Your party asks and comes up with what is in the best interest for Canada, and if you disagree you just have to swallow the pill because you have to follow what you want as a team."

But no more, Jaffer says.

"Now we're a different kind of team, because we're no longer a part of a situation where there can be punishment or consequences for not following the party's point of view," she said.

However, there are pitfalls, Jaffer admits. While there's no more party pressure, she says there will be missed opportunities for spreading important messages to more communities across the country now that there aren't other party members to help.

"As one voice, an independent voice, you can only do so much," she said. "But with 32 voices speaking on an issue, then it can reach even more people."

The Liberals have since called on the Conservatives to do the same.

Training gets taxi drivers to transport the elderly, disabled

Avinder Dhillon, vice-president of Black Top & Checker Cabs, stands beside a taxi van equipped with a ramp for customers with disabilities outside Vancouver City Hall on Wednesday. EMILY JACKSON/METRO

'Excellent'. The training program, which includes a manual and videos, is the first of its kind in Canada

EMILY JACKSON
emily.jackson@metronews.ca

Complaints about taxi drivers who didn't correctly strap in wheelchairs prompted the Vancouver Taxi Association to develop a training program on transporting customers with disabilities and seniors.

Every taxi driver with a chauffeur licence in the city — there are more than 2,300 drivers for 588 cabs — must take the free five-hour course to ensure people are transported safely and respectfully, Carolyn Bauer of the Vancouver Taxi Association announced at city hall Wednesday.

"It teaches drivers how to give safe, respectful and knowledgeable help," Bauer said, such as how to fold walkers or where to put a hand to help a senior. "No driver can fail this."

The training program, which includes a manual and videos, was developed in partnership with the B.C. Coalition of People with Disabilities and is the first of its kind in Canada.

It gets drivers to ask, listen and act on what a person's needs, said Jane Dyson of the coalition. The collaboration to educate drivers is especially critical as uncertain TransLink funding could impact HandiDart, making it necessary for more people to take cabs instead of transit, Dyson said.

Drivers welcome the program, paid for by the association, as it will help them learn to handle new technologies for people with disabilities, said longtime driver Avinder Dhillon.

Push wheelchairs were the norm when Dhillon started driving 15 years ago, so tips on how to deal with scooters and the like will be helpful, he said.

The program is "excellent," said 84-year-old Betty Newton, who takes taxis to doctor appointments or to pick up prescriptions in the winter.

She's never had a bad experience, but thinks it will be helpful for drivers to get tips on the "proper way to ask a lady if she wants assistance."

As Vancouver's population ages — one in eight people are over 65, according to the city — it's "absolutely critical" to update infrastructure so everyone feels comfortable getting around, Mayor Gregor Robertson said.

Tightening rules

Party buses, limos need stricter regulations: Coun.

It's been almost a year since 16-year-old Ernest Azoadam died on a party bus in Surrey, yet no action has been taken to tighten industry regulations despite provincial promises to look into the problem.

As it stands, the regulations aren't enough to keep customers — many of whom are teens travelling from the suburbs to Vancouver's entertainment district — safe, Vancouver Coun. Geoff Meggs said Wednesday, pointing to a sad list of injuries, underage alcohol consumption and death on the nightclub-esque buses.

Meggs wants the city to urge the province to implement appropriate regulations for the industry, according to a motion he will table at council next week.

"It's long overdue to extend the types of regulations we already have for taxis to limousines and party buses," Meggs said, noting the industry supports tighter regulations.

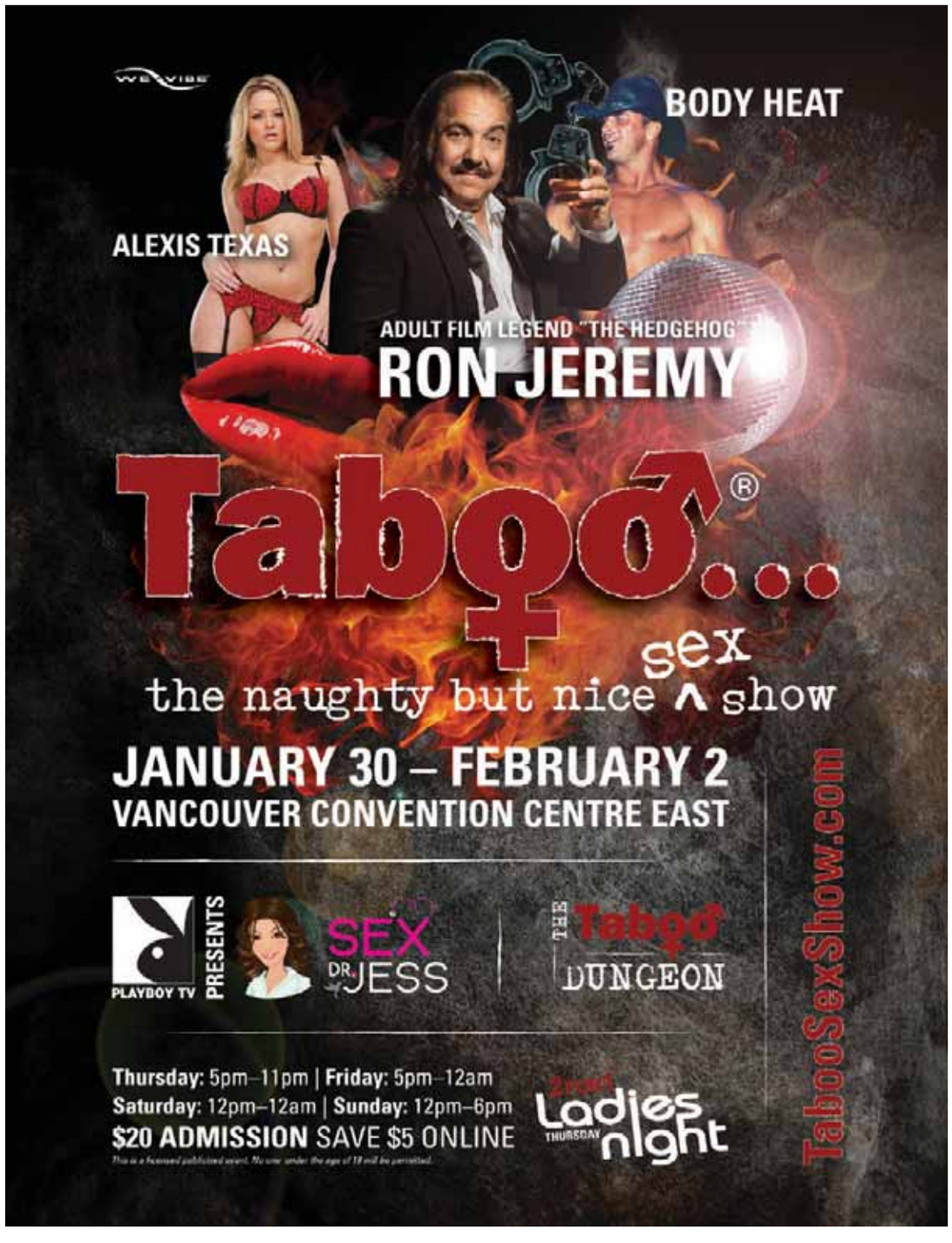
Chauffer permits, required for taxi drivers, should be issued so people with criminal records aren't running party-bus services, Meggs said.

Responsible businesses, such as local Phat Cat Limousine, are suffering financially by being undercut by people who are breaking the rules and cutting prices, he added. The regulations would be amended through the Passenger Transportation Branch.

As it stands, liquor cannot legally be consumed in a moving vehicle.

But the industry has heard nothing from the government since former transportation minister Mary Polak promised to look into the issue last year.

EMILY JACKSON/METRO



UBC. School's Museum of Anthropology flooded by burst water main

Staff at the University of British Columbia's Museum of Anthropology are mopping up after a water main burst outside the building's entrance.

UBC's public affairs department says the museum's entrance was flooded, but a water pipe has been shut off and water is being cleared from the lobby and entrance. The department issued a series of updates on Twitter Wednesday afternoon, and concluded that the flood didn't appear to cause visible damage to the museum's collection, but staff will be doing a full assessment.

The Museum of Anthropology is located at UBC's Point Grey campus in Vancouver, and houses over 500,000 archaeological objects, most from the northwest coast of British Columbia.

The museum is well-known for its large First Nations collection, and for the outdoor Haida houses and 10 full-scale totem poles on its grounds. The museum was founded in 1949 and the building was designed by Canadian architect Arthur Erickson. THE CANADIAN PRESS

The flooding outside UBC's Museum of Anthropology. TWITTER/SCANBC

Investigations. No charges against B.C. police officers in 3 jurisdictions: Crown

B.C.'s Criminal Justice Branch has announced that no charges will be laid in three separate incidents involving police in Chilliwack, Prince George and Vancouver.

The decision comes after the head of the Independent Investigations Office forwarded reports to the branch indicating the officers involved last summer may have committed an offence.

But in each of the three cases, the branch has concluded there isn't a substantial likelihood that the officers would be convicted.

In the Chilliwack case, a man suffered serious jaw injuries and was jolted by a Taser three times during an arrest after police responded to a man-with-a-knife call.

In the Prince George incident, police chased a driver and passenger on an ATV that crashed into the police cruiser, seriously hurting the passenger.

Vancouver police won't be charged after chasing a man through a steel fence with a police vehicle, sending him flying six metres and resulting in significant leg injuries.

THE CANADIAN PRESS

Coquitlam

RCMP investigate why Mountie shot at suspect vehicle with 3 occupants

Mounties in Coquitlam, B.C., are conducting an independent investigation into why an RCMP officer in White Rock shot at a suspect vehicle with three people inside.

Sgt. Peter Thiessen says plainclothes officers were conducting a drug investigation into what's believed to be a so-called crack shack.

He says that during the investigation, an officer shot at the vehicle as it left the area.

Thiessen says there were no injuries to the three occupants, who were subsequently arrested.

THE CANADIAN PRESS

Western Canada Marine Response Corporation performs a series of oil spill drills in Howe Sound in 2013. JENNIFER GAUTHIER/FOR METRO

B.C. coast at high risk for oil spills: Report

Risk analysis. Study identifies southern tip of Vancouver Island among the most probable areas for a major oil spill

The coast of southern British Columbia and the Gulf of St. Lawrence are the Canadian areas most vulnerable to marine oil spills and among the most likely for a major spill to occur, according to a government-commissioned risk analysis.

While observing that the "risk of large spills is generally low in Canada," the 256-page study finds that small spills "can also cause significant damage and are likely to happen much more frequently than larger spills."

Getting Canadian crude oil to tidewater for export has been a major preoccupation of the Conservative government in Ottawa, and the findings will add to the debate over several pipeline proposals — including two in B.C. that the report says will substantially increase marine risks.

The study, delivered this month to Transport Canada, looks at the risks associated with marine oil spills south of the 60th parallel under current shipping volumes.

It identifies the southern tip of Vancouver Island, the Cabot Strait off Newfoundland, the eastern coast of Cape Breton Island and the Gulf of St. Lawrence as the most probable areas for a major oil spill.

"These results demonstrate the need for Canada to tailor its preparedness efforts for each sector of the country, as the risks across the country are demonstrably different," says the study by WSP Canada Inc.

On Thursday, Natural Resources Minister Joe Oliver will introduce legislation dealing with offshore energy safety in an effort to get ahead of environmental concerns over Canada's oil boom. He's also expected to dramatically beef up nuclear industry liabilities.

THE CANADIAN PRESS

High risk

The report assessed the potential impact of four proposed pipeline projects, including the Northern Gateway pipeline to Kitimat.

- The Northern Gateway marine route through the Douglas Channel out of Kitimat would "raise the near-shore risk from 'very low' to 'very high' as observed in the Vancouver region (sub-sector 5)," states the report.

Memorial planned for murdered teen

Karim Meskine FACEBOOK

The soccer community is coming together to help out the family of murder victim Karim Meskine.

Meskine, 19, was brutally beaten near the 22nd Street SkyTrain Station in New Westminster in what police describe as an attempted robbery gone awry. The beating put Meskine into a coma on Dec. 17, 2013. He died a few days later on Dec. 20, the day after his 19th birthday.

Since then his family has seen an outcry of support from the public to raise funds to pay for the funeral, and Meskine's old soccer team is putting together a memorial and fundraiser for the family on Feb. 8 at John Robson Elementary School in New Westminster.

"I have three boys myself, so when something like this happens it obviously sends a wave of fear in the community," said Justus Mirembe, president of Meskine's old soccer club, the African Canadian Soccer & Cultural Association.

Mirembe remembers Meskine as a promising young soccer player destined for greatness within the club.

"You could tell he was evolving into one of the best players we have as a youth."

This is why Mirembe is organizing the memorial at John Robson from 1 to 2:30 p.m. Not just to raise money for the family, but to also raise the public's awareness of violence and promote peace in the community. The memorial is open for anybody to attend.

SAM SMITH/FOR METRO

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Bruno Mars tops list of Squamish festival acts

Aug. 8 to 10. 69 performers are lined up for this year's event

KATE WEBB
kate.webb@metronews.ca

Bruno Mars performs onstage during the iHeartRadio Music Festival in Las Vegas last year. Mars is headlining this year's Squamish Valley Music Festival. GETTY IMAGES FILE

It's no accident that event mega-producers Live Nation chose this week to announce that Bruno Mars will be headlining this summer's fifth annual Squamish Valley Music Fest, along with indie rockers Arcade Fire and rapper Eminem.

The press event Wednesday was strategically sandwiched between Mars' Grammy win on Sunday for best pop vocal album and his upcoming Super Bowl XLVIII halftime performance.

Tickets for the festival, which runs from Aug. 8 to 10, go on sale this Saturday (Friday for Virgin Mobile members), and organizers are clearly pumped about landing some of the biggest names in the business.

"It's particularly exciting because Squamish is, in fact, the only North American festival that (Bruno Mars) is going to play this year. He's doing his own tour," said Live Nation vice-president of talent Erik Hoffman.

"A little-known secret is that on his first record, the Vancouver show was the biggest show in North America, and so (local) people have had a love affair with him from the beginning."

The festival's diverse lineup of 69 artists also includes hip-hoppers The Roots, indie bands Broken Bells and Foster the People, rockers Sam Roberts Band, and DJ duo Thievery Corporation.

To lock all that down, Live Nation invested more than $12 million in the event.

It is facing new competition on this summer's festival circuit from Huka Entertainment, which announced last year it is bringing back the one-time wonder that was the 2008 Pemberton Music Festival.

The Squamish festival grounds are nearly tripling in size this year to 33 hectares, up from 13 last year, to accommodate up to 35,000 people per day. Organizers claim that last year 19,000 people came through the gates each day.

Reaction to the lineup was largely positive on Twitter, though some, like UVic student Mike Barber, questioned how there could be "much crossover between Bruno Mars and Eminem fans."

But Hoffman says Mars — who has sold 115 million singles worldwide and scored his first five Billboard chart No. 1's faster than any man since Elvis Presley — is able to transcend genres.

"As soon as people that are, sort of, pop-music haters go to the show (they) cannot be a hater," he said. "Impossible!"

Visit squamishfestival.com for tickets and info.

Follow Kate Webb on Twitter @MetroK8

Pub wants to show some love for Russia's LGBT community

Vancouver Coun. Tim Stevenson and former VANOC spokesperson Maureen Douglas hold up a rainbow flag at the Fountainhead Pub on Monday, the eve of their departure for the Sochi Olympics. COURTESY BRAEDEN CALEY

Sipping on cocktails and writing love notes will go a long way at Fountainhead Pub with its new campaign, "To Russia with Love."

In response to laws passed in Russia last year that are unfavourable to LGBT rights, the pub boycotted Russian vodka. Now it's trying to raise awareness by reaching out to Russia's LGBT community as well as athletes and representatives at Sochi.

Throughout February money will be raised for All-Out.org, a website promoting equality, through sales of specialty cocktails, daily menu specials and love notes. People can fill out $1 love-note cards with supportive messages for Russia's LGBT community, which will be mailed to a community representative in Russia at the end of the month.

"In the face of adversity, a message of love and support can make a powerful difference," said general manager Andrew Watling in a release. "We want the LGBT community in Russia to know that we are behind them, even all the way across the world."

The pub has already gotten into the Olympic spirit by hosting the send-off of Vancouver Coun. Tim Stevenson Monday night, before the openly gay politician embarked for Sochi.

SINDHU DHARMARAJAH/ FOR METRO

For more news visit metronews.ca

Nyet. Spandy Andy won't get to perform in Sochi

Spandy Andy CONTRIBUTED

A colourful Spandex-clad street performer who is a familiar sight on the streets in Vancouver says he has been denied a visa to travel to the Winter Olympics in Russia.

Spandy Andy, whose "Sexy Beach Party in my Sparkly Speedo" video has more than five million hits on YouTube, says he was refused entry to Russia when he asked for a visa at that country's embassy in Australia.

The Red Deer native says his U.S. girlfriend went with him and was also turned down.

Andy says he was never given an official reason, but staff seemed quite concerned that he didn't have a ticket to the Games and that he wasn't an Australian resident.

He says he just wanted to perform in Sochi and is disappointed he won't get the chance.

Andy says he felt awkward as he was given the third-degree by officials.

"I was in the Russian Embassy and I just have this big man talking over me saying, 'No, no, no. Where's your ticket to the Games? Where's your Australian residency?'" he told radio station CKGY.

"Now I can't go fulfil the dream I had of performing there." THE CANADIAN PRESS

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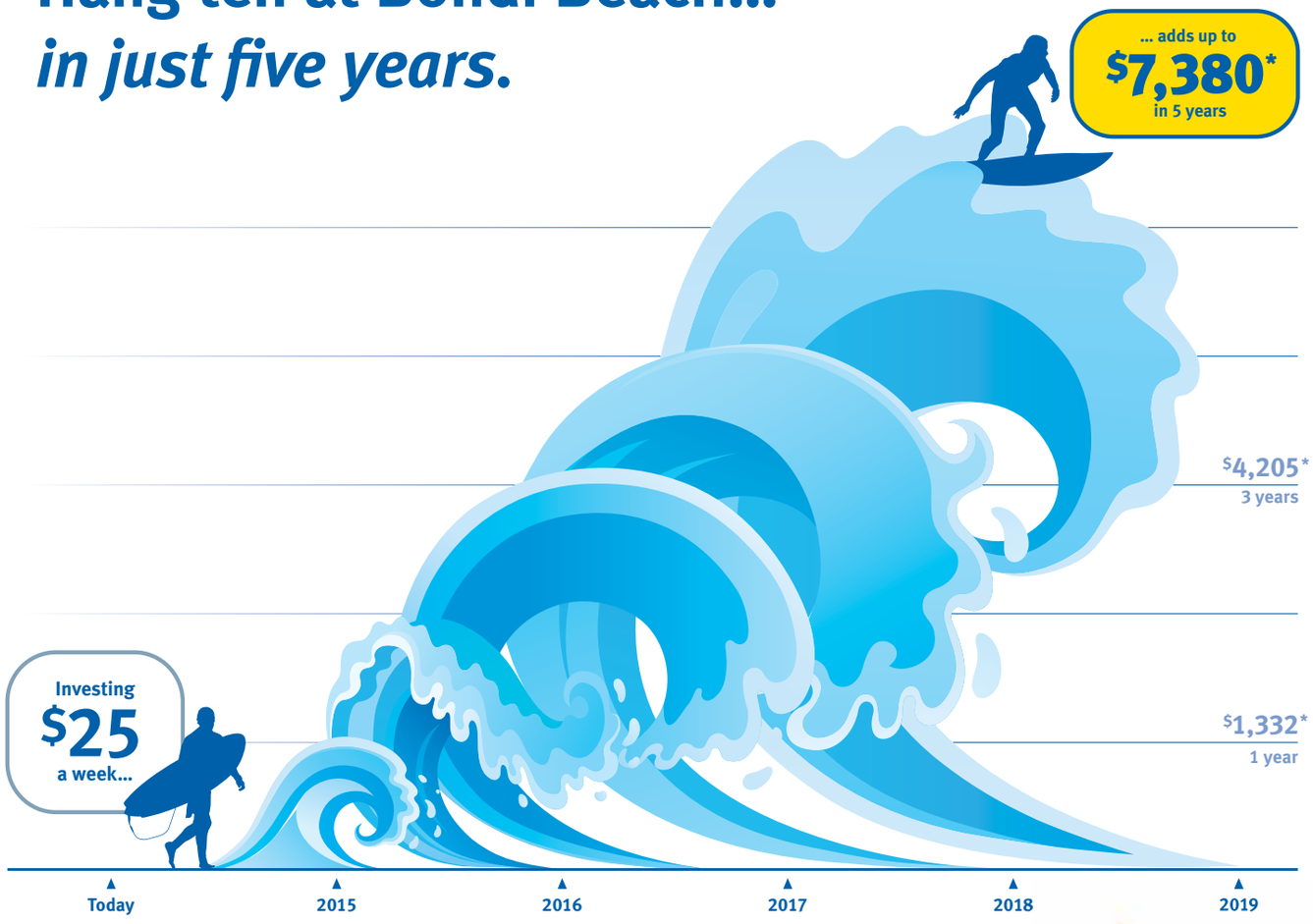

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Bieber turns himself in to police in connection with assault charge

Another run-in with the law. Singer is back in the spotlight, but not for his music

Justin Bieber has been charged in Toronto with assault after police allege he hit a limousine driver several times in the back of the head.

Bieber was charged with one count of assault and is scheduled to appear in court in Toronto on March 10.

Police allege Bieber was one of six people who were picked up by a limousine from a nightclub in the early morning hours of Dec. 30, and there was an altercation while en route to a hotel.

Police officers escorted Bieber through a frenzied throng of media and fans to a Toronto police station Wednesday night where the pop star surrendered in connection with the alleged assault.

Hundreds of fans, spectators and photographers braved the biting cold to greet the 19-year-old singer, who emerged from a black SUV Wednesday night. Fans screamed "Justin," as he was led to the side entrance of Toronto Police Service's 52 Division headquarters.

"He's done some bad stuff, but I forgive him," said Boubacar Diallo, 12, who waited outside the police station to see the singer. "He just needs to think before he acts."

Others showed up for the possibility of a show.

"He should be charged, he's a wreck," said Peter Esper, 18. "He deserves to be punished. He's a bad name for the country."

Bieber's manager, Scooter Braun, tweeted Wednesday evening asking people to "stop passing judgment."

Bieber pled not guilty in Florida after Miami police charged him with driving under the influence, resisting arrest and carrying an expired licence. That sparked a petition on the White House website calling on the U.S. government to deport Bieber. More than 138,000 people have signed it.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

Bad-boy phase

"Not exactly street-cred bad boy. There is kind of a juvenile quality to the whole thing."

Bob Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University

Canadian musician Justin Bieber is swarmed by media and police officers as he turns himself in to city police in Toronto on Wednesday night. NATHAN DENETTE/THE CANADIAN PRESS

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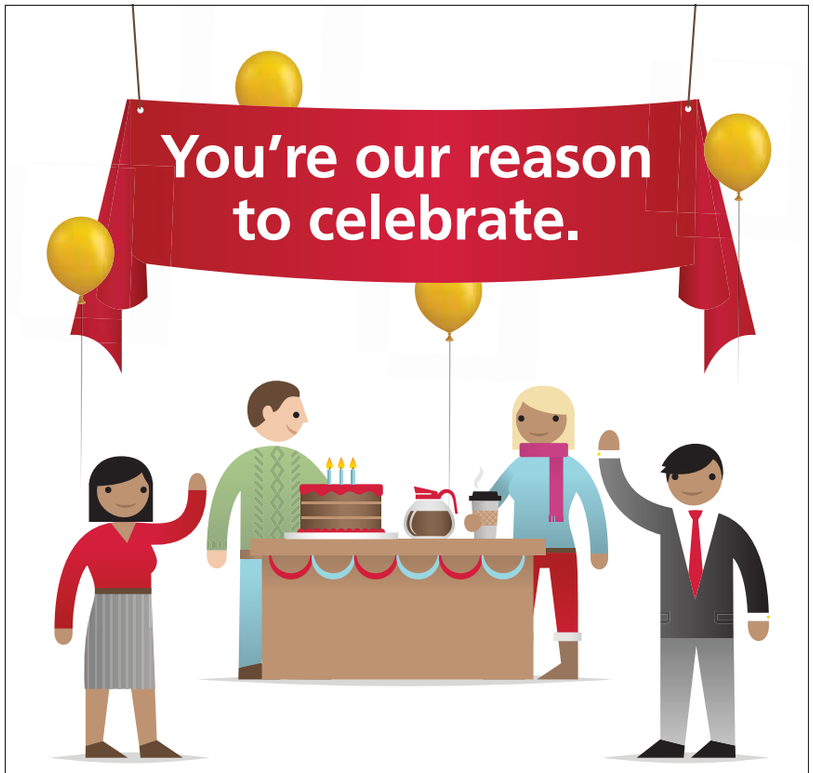

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Rob Ford sued over alleged link to prison assault

Statement of claim.
Ex-boyfriend of Ford's sister says he was beaten in jail to keep him silent about Toronto mayor's 'unsavoury activities'

Toronto Mayor Rob Ford at a budget debate in Toronto on Wednesday.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Toronto Mayor Rob Ford is being sued by his sister's ex-boyfriend, who alleges Ford conspired to have him attacked in jail to prevent his illicit behaviours from becoming public.

Scott MacIntyre alleges in the statement of claim filed Wednesday that the mayor arranged for jail staff to facilitate the beating. Video surveillance in the area had been "inexplicably disabled" before the attack and the guards stationed to watch the area didn't come to his aid, MacIntyre alleges.

MacIntyre went to jail in 2012 after being charged with threatening the mayor, for saying he would expose his "unsavoury activities," MacIntyre says in his statement of claim.

It was there in March 2012 that he was brutally beaten, more than a year before reports on the existence of a video appearing to show the mayor smoking crack cocaine.

"Ford's drug and alcohol abuse, and his association with criminals to facilitate his drug abuse … are long-standing," MacIntyre writes in his statement of claim. "Ford was anxious that these matters should remain undiscovered."

The allegations are "without fact or foundation," Ford's lawyer Dennis Morris said.

MacIntyre alleges Ford conspired with Payman Aboodowleh, who coached high school football with Ford, to have one of their former players, who was also in jail at the time, attack him.

The former player, Aedan Petros, was among various inmates who told MacIntyre to "keep his mouth shut," once he was sent to jail, MacIntyre alleges.

The suit also names Ontario's Ministry of Correctional Services, which is responsible for the province's jails, Aboodowleh and Petros.

MacIntyre is seeking $1 million in damages from all of the defendants, plus $100,000 from each of them for aggravated, punitive and penal damages. He is also seeking another $100,000 from the ministry, who he alleges breached his charter right to life, liberty and security of the person.

THE CANADIAN PRESS

The donkey defence? VIA terror-plot suspect goes on anti-gay-marriage tirade

A man accused of plotting an attack on a VIA Rail train took aim at homosexuality in court Wednesday, denouncing Canada's "written-by-humans" Criminal Code because he said it protects gay marriage.

Chiheb Esseghaier, 31, was arrested last April 22 on charges of conspiring to derail a passenger train travelling from New York to Toronto.

Esseghaier, who has refused to seek counsel since no lawyer will represent him based on the Qur'an, made a speech on Canada's legal system.

"The Criminal Code is a book written by humans," Esseghaier said. "We are putting the laws of God behind our back and we are following the laws of humans."

Esseghaier's speech came to a definitive end once he began talking about the Criminal Code protecting gay marriage, which he said did not occur between same-sex animals outside of humans.

"Donkey males marry only donkey females," he said, before Superior Court Judge John McMahon interrupted, leading to a tense moment in court.

"No!" Esseghaier shouted at the judge's interjection, causing two seated officers to rise to their feet to maintain order.

Earlier, Esseghaier, who has given off-topic speeches in previous court appearances, complained he was forced to show his "sex" to a guard who was conducting a weapons strip search. TORSTAR NEWS SERVICE

Ottawa

Teen pimp found guilty of human trafficking

A 17-year-old girl was found guilty Wednesday of a slew of charges stemming from a teen-pimping ring she orchestrated with two friends in Ottawa in early 2012.

Her guilty charges include human trafficking, procuring for the purpose of prostitution, assault, forcible confinement and uttering threats to cause bodily harm. The girl was 15 at the time of her arrest.

The court heard during the trial that the ringleader and her co-accused lured teen girls and befriended other peers on Facebook and used violence to force them into prostitution.

JOE LOFARO/METRO IN OTTAWA

Second offensive Vitaminwater cap found

Bad taste. Albertan finds 'Ponder Retards' written inside lemonade Vitaminwater bottle cap

JEREMY NOLAIS
Metro in Calgary

Coca-Cola is facing heated criticism once again for having the word retard printed on the bottle cap of a Vitaminwater container, only this time the "offensive" term surfaced in Calgary.

Thousands lashed out at the beverage giant in September when Metro first reported that Edmonton-based photographer Blake Loates had unscrewed a Vitaminwater cap to find the words "You Retard" printed on it. Making the matter worse was that Loates' younger sister had been diagnosed with both cerebral palsy and autism.

On Tuesday, Calgary resident Braeden Rossell popped the lid on a lemonade Vitaminwater to find the words "Ponder Retards" written on the cap.

Coca-Cola has maintained the words were printed by a machine as part of a promotion to showcase Canada's multiculturalism by pairing an English word with a French one on each bottle cap. The word "retard" in French implies lateness or a delay. The company maintained Wednesday it had destroyed any of the caps on Vitaminwater bottles yet to be sent after the Loates family lodged a complaint, but spokesperson Shannon Denny said Coca-Cola was always aware more unfortunate word combinations could surface.

The bottle cap on the Vitaminwater beverage container purchased by Calgary resident Braeden Rossell. COURTESY BRAEDEN ROSSELL

I'm with stupid. Scientists find human DNA contains Neanderthal genetics

Next time you call someone a Neanderthal, better look in a mirror. Many of the genes that help determine most people's skin and hair are more Neanderthal than not, according to two new studies that look at the DNA fossils hidden in the modern human genome.

About 50,000 years ago, modern-day humans migrated out of Africa north to Europe and East Asia and met up with furrow-browed Neanderthals that had been in the colder climates for more than 100,000 years. Some mated, and then the Neanderthals died off as a species.

Scientists isolated the parts of the modern human genetic blueprint that still contain Neanderthal remnants. Overall, it's barely more than one per cent, said two studies released Wednesday in the journals Nature and Science.

However, in some places, such as the DNA related to the skin, the genetic instructions are as much as 70 per cent Neanderthal and in other places there's virtually nothing from the species that's often portrayed as brutish cavemen.

The difference between where Neanderthal DNA is plentiful and where it's absent may help scientists understand what in our genome "makes humans human," said University of Washington genome scientist Joshua Akey, lead author of the paper in Science.

A reconstructed Neanderthal skull at the Museum of Natural History in New York City. THE ASSOCIATED PRESS

Akey said one of the most interesting parts in comparing human and Neanderthal genomes is where we don't see any caveman influence, such as in areas connected to genes that determine speech and communication. This fits with theories that lack of communication skills hurt Neanderthals and speech ability was a distinctly human advantage, he said. **THE ASSOCIATED PRESS**

Science

Researchers turn ordinary mice cells into stem cells

A simple lab treatment can turn ordinary cells from mice into stem cells, according to a surprising study that hints at a possible new way to grow tissue for treating illnesses like diabetes and Parkinson's disease.

Researchers in Boston and Japan exposed cells from spleens of newborn mice to a more acidic environment than they're used to. In lab tests, that turned them into stem cells, showing enough versatility to produce the tissues of a mouse embryo, for example.

"It's very simple to do. I think you could do this actually in a college lab," said Dr. Charles Vacanti, an author of two papers published online Wednesday by the journal Nature.

Scientists hope that by making stem cells from the patient, they can get around the problem of transplant rejection.

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British prosecutors drop charges against dumpster divers

Trio took discarded food. Criticism on social media appears to have prompted change of heart

British prosecutors on Wednesday reversed their initial decision and dropped criminal charges against a trio of dumpster divers who allegedly took discarded food from a trash bin behind a supermarket.

The prosecution of Paul May, Jason Chan and William James had drawn widespread criticism.

The Guardian newspaper reported that the three men, who live in a squatted property in north London, took tomatoes, mushrooms, cheese and cakes worth 33 pounds (about $60) from behind a branch of retailer Iceland in October.

They had been charged under the 1824 Vagrancy Act and ordered to appear in court next week.

As the case caused a flurry of criticism on social media sites, Iceland released a statement stressing that it had not called the police or instigated the prosecution.

After initially confirming the charges, the Crown Prosecution Service said Wednesday that "this case has been reviewed by a senior lawyer and it has been decided that a prosecution is not required in the public interest."

The law firm representing the three defendants, Bindmans, said it was pleased with the prosecutors' decision — but sorry it had come just days before the trial had been due to start, "and clearly in the light of media exposure."

In a statement, the firm said the men had planned to plead not guilty, "arguing that they were not acting dishonestly — a defence we felt confident the court would agree with at this time of austerity, food banks, food waste and profligacy by supermarkets." THE ASSOCIATED PRESS

Not in public interest

"This case has been reviewed by a senior lawyer and it has been decided that a prosecution is not required in the public interest."

Britain's Crown Prosecution Service, after dropping the charges against the trio

Parrot helps Pope make up for dove disaster

Pope Francis holds Amore, a green parrot that was offered to him by his owner, Francesco Lombardi, during his weekly general audience in St. Peter's Square at the Vatican Wednesday. After his dove release went terribly awry on Sunday, Francis gladly blessed the parrot and took the bird on his finger for a few seconds. The scene wasn't so peaceful on Sunday, when children flanking Francis set free two white doves from his studio window overlooking St. Peter's Square. The birds were quickly attacked by a crow and seagull.

COURTESY OSSERVATORE ROMANO/THE ASSOCIATED PRESS

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Ukraine thinks about amnesty with conditions

Holdings. Protesters have established a large tent camp in the main square of Kyiv, called the Maidan

Ukraine's parliament discussed an amnesty Wednesday for those arrested during weeks of protests in the crisis-torn country — but some of the possible conditions attached to it would be unacceptable to the opposition.

The amnesty bill is part of a series of concessions from embattled President Viktor Yanukovych, after a week of street clashes between police and protesters and protesters' seizure of government buildings in western Ukraine. The prime minister has resigned and harsh anti-protest laws have been recalled but those moves did not address the protesters' other key demands that Yanukovych resign and early elections be held.

Quoted

"They have set a number of conditions, and the key condition under the draft bill is to let the Maidan go and only afterwards all protesters will get an amnesty.... This is unacceptable for us."

Opposition leader Arseniy Yatsenyuk

Two amnesty proposals were up for a parliamentary vote Wednesday, one of which says amnesty would be granted only if demonstrators leave their massive street protests and vacate buildings they now occupy. Parliament was also discussing a political reform, sought by the opposition, which would strengthen the government at the expense of the presidency.

Opposition leader Arseniy Yatsenyuk said the protesters will not agree to leave the streets in exchange for an amnesty and wanted the condition dropped.

THE ASSOCIATED PRESS

A protester puts homemade steel plates on his chest as he prepares to leave the Agriculture Ministry in Kyiv, Ukraine, Wednesday. One group of protesters clashed with another Wednesday in a bid to free a government building in the centre of Kyiv, which they had seized. At least two protesters were injured. The Svoboda party, which represents more moderate protesters, tried to force members of the more militant Spilna Sprava group to vacate the Agriculture Ministry building as part of a compromise with the government. EFREM LUKATSKY/THE ASSOCIATED PRESS

At home

Calling on Canada

Ukrainian Canadians and opposition MPs are calling on the Harper Conservatives to impose sanctions on Ukraine's government in response to the ongoing crackdown on protests in that country. On Tuesday, Foreign Affairs Minister John Baird announced that senior Ukrainian officials would be barred from entering Canada. The move was in response to violent clashes between protesters and police in Ukraine. A few dozen people held a demonstration today in Ottawa in solidarity with the Ukrainian protests. They called on the Harper government to go further than symbolic measures, and impose economic sanctions against Ukraine's political class. The call came as Ukraine's first post-independence president, Leonid Kravchuk, warned that his country was on the brink of civil war.

THE ASSOCIATED PRESS

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Will nine be lucky number for Target?

From the double ring to bull's-eye? Despite missing the mark in Canada, the U.S. retailer is still aiming for success, opening nine new stores

Target plans on opening nine more stores in Canada this year.

The U.S.-based retailer said Wednesday it will open two locations in Mississauga, Ont., and one store each in Toronto, Ottawa and Barrie, Ont.

Stores will also be added in Edmonton, Victoria, Winnipeg and Candiac, Que.

Five of the locations will be in former Zellers locations, while the others will be newly constructed stores.

By the end of the year, Target said it will have a total of 133 locations in Canada.

A worker installs an outdoor sign at a Target store in Nova Scotia last year. Nine more Target stores are set for Canada this year. ANDREW VAUGHAN/THE CANDIAN PRESS

The retailer has faced high expansion costs and disappointing sales since its highly anticipated arrival in Canada last year as shoppers complained about near-empty shelves and notably higher prices than at U.S. Target stores.

Last week, the retailer said it would offer some of its Canadian customers a year of free credit monitoring after a massive security breach at its U.S. stores put confidential details into the hands of thieves.

THE CANADIAN PRESS

Struggling retailer

Sears cuts more staff as part of turnaround plan

Sears Canada Inc. has announced a round of layoffs for the second time this month, eliminating 624 workers. The struggling company said Wednesday the cuts will help improve communication and encourage more consistency within its operations.

THE CANADIAN PRESS

Market Minute

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Use your phone ... to track your phone addiction

This screenshot from Menthal, an app created at the University of Bonn in Germany, shows smartphone-usage figures. Psychologist Christian Montag, who worked on the project, hopes that by measuring how much time people spend on their smartphones the app will help researchers identify and deal with addiction. "This is a live discussion and this will provide data. We are seeking patterns in areas such as tolerance development and withdrawal," he says. CONTRIBUTED/METRO WORLD NEWS

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A BRIEF HISTORY OF TOUCHDOWNS

HE SAYS

John Mazerolle
metronews.ca

It's time for the Super Bowl, the most-watched sporting event in North America and the only reason school children still learn Roman numerals.

Super Bowl XLVIII (or 18 1/2) is coming up this Sunday and it promises to be an exciting match.

The Denver Broncos have a 15-3 record and the league's top offence, but the Seattle Seahawks have a 15-3 record and the league's top defence, so both teams will likely stay in a zero-zero deadlock for hours, parrying every move with a perfectly mirrored countermove just like when superheroes fight their doppelgängers in movies.

We know all about the Big Game, but have you ever wondered how it got this way? No? Then don't read this History of the Super Bowl.

1966: PepsiCo and Kraft Foods create the Super Bowl as a way to sell more food and drink during the slow winter months. Advertisers create an elaborate backstory detailing the "history of American football" that, amusingly, many still believe.

1967: Super Bowl I is held in front of 4,000 screaming fans. Back then the ball weighed 25 pounds, helmets were made of papier-mâché, and no touching was allowed.

1968: Vince Lombardi coaches and wins his last big championship in Super Bowl II, just moments before he is killed in a tragic Gatorade-dumping accident.

1971: Quarterback Joe Namath is given official status as the Default Football Answer for Trivial Pursuit Players Who Know Nothing About Football, a title he will not relinquish until the rise of Joe Montana.

1972: The Miami Dolphins have a perfect season, making them the only 53 people alive with the right to cast the first stone.

1976: Half-time act University of Arizona Marching Band has a mass wardrobe malfunction, with nipples visible all over the place. The fiasco happens in the days before DVR, however, so viewers just say, "Did you see that?" and leave it there.

1986: William "The Refrigerator" Perry becomes the heaviest man to ever score a Super Bowl touchdown. His feat is less surprising when one realizes his background as a member of a daring, highly trained special-missions force whose purpose was to defend human freedom against Cobra, a ruthless, terrorist organization determined to rule the world.

1987: After a strike-shortened series, the Washington Redskins win the Super Bowl when running back John Riggins is the last man standing in an 858-man Royal Rumble.

1991: Reflecting musical trends of the day, frequent half-time performer Up With People is replaced for the first time by Down With Everything.

2008: The New England Patriots lose their first game of the season in the Super Bowl, sending a deluge of "Perfect Season" T-shirts to small villages in South America.

2013: For legal reasons, the half-time show is a lecture by U.S. Surgeon General Boris Lushniak on the dangers of traumatic brain injury.

What might happen this year? Who knows? But one thing is for certain: It's one the best times of the year to "work" in journalism because between the game, the half-time show, the parties and the commercials, it's the one date when four non-stories (four!) fill the news cycle simultaneously. Touchdown!

ZOOM

Up Helly Aa!: Fire in the Shetlands

ALL IMAGES: JEFF J MITCHELL/GETTY IMAGES

The Guizer Jarl, the leader of the squad of hairy, hardy Viking "guizers," walks along the town streets.

Don'tcha wanna know why they keep starting fires?

Thousands of latter-day Viking warriors have descended on Scotland's Shetland Islands to celebrate Up Helly Aa, the largest fire festival in Europe.

Held on the last Tuesday of January, the fiery event sees a replica Viking longboat being hauled through the streets of Lerwick to the edge of town where up to 1,000 paraders (known as the Jarl Squad) throw their flaming torches into the galley. METRO

The origins of the event come from the early 1800s, when, following the Napoleonic Wars, Lerwick was the home of many returning soldiers and sailors, who were keen on burning things to celebrate.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Though there's no shortage of music players or streaming services online, there's still just nothing that rivals the selection of good ol' YouTube. But if annoying ads, senseless playlists and clunky searching keeps you from tuning into YouTube's mega library, Chrome has come to the rescue. Still in beta, Streamus is a new extension that lets users stream from YouTube without ever having to actually go to YouTube.com. Here's how it works:

1: Once you've downloaded Streamus from the Chrome Web Store, type Streamus, then TAB, into Chrome's search bar followed by the song you want to hear.

2: Click the S icon on the right of your browser to add songs and create playlists (don't need a Google/YouTube account!).

3: Once you've heard all your jams, enable the radio by clicking the Wi-Fi-looking icon at the bottom of the playlist.

Twitter

A petition to deport @justinbieber from the U.S. gets more than 100,000 signatures, which means the White House has to formally respond. What should they do?

@55EYFD: Caveat Emptor America!He's your problem now.

@SCCASMOM how about they worry about the shootings at schools and work on their firearms law instead of focusing on a spoiled rich kid?

@WillyRBeek they can do whatever they want, just so long as they don't send him back here!

@AEphotoWPG The US doesn't want him, Canada doesn't want him back. Somalia, perhaps? Beirut?

@justDarylD We'll take him back if they take Rob Ford

@Kossovan Sure! It would make all the Canadian Beliebers happy. Think of the income tax added to our government'scoffer! #JustinBieber

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

metro
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SCENE 2

Tortorella has a few days left to enjoy the art scene

Theatre and more.
Metro's columnist offers the suspended Canucks coach some options to pass time

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Andrew McNee, left, and Robert Moloney star in the Arts Club presentation of The Odd Couple. It runs until Feb. 23 at the Stanley Theatre. DAVID COOPER/ARTS CLUB

Dear Torts: First off, sorry for not writing sooner. I've been busy (popcorn alert! trying to binge-watch all the Oscar-nominated films before the big awards broadcast in March). Not sure if you're a fan but it's been a pretty sweet year for film.

So, listen, I haven't had much time for hockey this year, but I finally saw the highlights (more like lowlights, right?) from that Calgary debacle (again, sorry for not reaching out sooner).

I also read about the subsequent 15-day suspension, and can't say I'm all that surprised. But a $25,000 fine? They mad, bro?

Anyway, last weekend, while watching The Wolf of Wall Street, it struck me that you've probably been sitting around going crazy trying to figure out what to do during this unexpected mid-season coaching hiatus.

Well, I've been pondering it too and that's why I've taken the liberty to (finally!) send along some suggestions that'll help time pass more quickly between now and Sunday's reinstatement.

Oh, that reminds me. Did you hear The Cultch in East Van got a $2-million donation? It wasn't a fine or anything. A company — West Coast Reduction (WCR) — just gave it to them. Like, voluntarily.

Well, technically, WCR gets its name in smaller font on the York Theatre's sign, so it's not really a donation in the strictest sense of the word (more like a corporate sponsorship deal). But it's still great news for local arts.

Speaking of which, you should check out The Odd Couple this weekend. The classic comedy of mismatched roomies runs until Feb. 23 at the Stanley Theatre. Hey, maybe you and Bob Hartley could go together. Tickets are $29 to $70. More info at ArtsClub.com.

Or perhaps you'd prefer an emergency room. There's a six-part documentary series airing on the Knowledge Network called Emergency Room: Life and Death at VGH. It premiered last week but don't fret, you can catch up online at knowledge.ca. Episode 3 airs Tuesday night.

Also, if you have time (LOL), check out comedian/writer/director and legendary Kid in the Hall Bruce McCulloch. His one-man show Young Drunk Punk is at the Firehall Arts Centre tonight and tomorrow night. More info at FirehallArtsCentre.ca.

OK, that's it from me.

I'll probably write you again in the spring, for obvious reasons. Maybe I'll even send along a list of club recommendations. Until then, keep your head up, kid.

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Weaving comic books with harsh realities

Real life villains. A Mi'kmaq teen in the residential school system takes revenge in Jeff Barnaby's Rhymes for Young Ghouls

RICHARD CROUSE
scene@metronews.ca

Rhymes for Young Ghouls is Jeff Barnaby's first feature film. It opens on Friday in Toronto. CONTRIBUTED

Writing in the Toronto International Film Festival program book, Steve Gravestock said Rhymes for Young Ghouls plays, "as if an S.E. Hinton novel were re-imagined as a righteously furious, surreal thriller."

The self-assured debut feature from director Jeff Barnaby is the story of Aila (Devery Jacobs), a Mi'kmaq teen who is guided by the spirits of her departed mother and brother to exact revenge against a vicious Indian Agent named Popper after she is thrown into the reserve's residential school.

"I think the idea behind what we were doing was to show the enormity of what went on," says Barnaby. "You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened. Most of the reviews have been astoundingly positive but the couple of bad ones that we've gotten have complained about the Popper role, and how over the top it is and how he is like this moustache twisting villain, but if you know the history, these guys had to have existed.

"I suppose you could be polite about saying, 'You can't leave the reserve and you can't go find work and you have to live in this poverty, and by the way, you have to give us your kids.' I'm sure there was an Indian Agent or truant officer somewhere who was really cool about it but at the end of the day these are the acts of evil men."

It's a pop culture savvy movie; a work Barnaby calls "a cinephile's film." A pop culture sponge himself, he says years of influences came together in the making of Rhymes for Young Ghouls.

"I grew up being saturated in everything, comic books, books," he says. "My stepmom was going to university at the time so she was bringing home all these great books, like English poetry, T.S. Eliot and Robert Frost, so I began to appreciate art at a very early age."

Near the top of the influence list are Batman and Conan the Barbarian.

"They are both anti-heroes but they share this idea of not being above physical violence in order to rectify a situation," he says.

"They both lost their parents, they're both vigilantes particularly with Conan we follow the storyline of the first Schwarzenegger movie—a religious cult comes along and destroys his family and he goes searching for them and destroys the cult. That is more or less the model we used for Rhymes although very loosely, in the way Scorsese says he used The Searchers for Taxi Driver."

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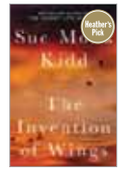

1. THE INVENTION OF WINGS Sue Monk Kidd
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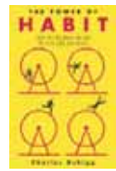
Weeks on List: 4



2. THE POWER OF HABIT Charles Duhigg
In *The Power of Habit,* award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist, and how this new science can transform our lives.
Weeks on List: 4

This Week		Weeks on List
3.	MY JOURNEY Olivia Chow	2
4.	THE DEMONOLOGIST Andrew Pyper	3
5.	LIFE AFTER LIFE Kate Atkinson	4
6.	COLD HARD TRUTH ON FAMILY KIDS & MONEY Kevin O'Leary	4
7.	JOYOUS HEALTH Joy McCarthy	3
8.	THE DEAD IN THEIR VAULTED ARCHES Alan Bradley	3
9.	ALL IN Arlene Dickinson	4
10.	DUTY Robert M. Gates	2
11.	STOP OVERTHINKING YOUR MONEY Preet Banerjee	4
12.	THE POUND A DAY DIET Rocco Dispirito	4
13.	FIRST LOVE James Patterson	3
14.	THE START HERE DIET Tosca Reno	4
15.	HAZARDOUS DUTY W.E.B. Griffin	4
16.	DARK WOLF Christine Feehan	4
17.	THE CONFIDENT MOM Joyce Meyer	2
★ 18.	DARK BITES Sherrilyn Kenyon	1
★ 19.	DEADLINE Sandra Brown	1
★ 20.	ALL JOY AND NO FUN Jennifer Senior	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending February 3rd
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Winslet's roles all labours of love

Labor Day. Actress and mother of three has a knack for making brokenness and vulnerability sensual

Kate Winslet stars in Labor Day, which opens Friday. CONTRIBUTED

Before a reporter has barely entered the room, Kate Winslet has defused any formality. After shedding her heels, she announces her exasperation about actors (especially herself) talking about themselves.

"Don't you find yourself nodding off and going, 'Here they go again'?" she asks. "I know that I love my job. I (expletive) hate talking about how much I love my job because how can you talk about that without sounding indulgent?"

She may be a regular honoree at awards shows and a constant presence in prestigious projects from Sense and Sensibility to The Reader. But Winslet has an uncommon candour and easy uninhibitedness that has made her an engagingly down-to-earth personality and a naturalistic actress with quick access to deep emotions.

Winslet was seven-months pregnant at an interview last September at the Toronto International Film Festival, where she debuted Labor Day, a Jason Reitman-directed drama opening in theatres Friday. In December, she gave birth to a boy, her third child and first with her third husband, Ned Rocknroll, the nephew of billionaire Richard Branson. (Winslet has a child with each previous husband, Sam Mendes and Jim Threapleton.)

Parenthood was a particularly obvious conversation subject for Winslet, not just because she was pregnant at the time, but because she has recently strung together a series of memorable, varied portraits of motherhood. It's no coincidence, she says.

"I have been a parent since I was 25," says the 38-year-old Winslet. "That's a large chunk of my adult life. Mother or father, it transforms you completely."

In Labor Day, based on the Joyce Maynard novel, she plays a single mom, Adele, with a 13-year-old son (Gattlin Griffith) in a small New England town. An escaped convict (Josh Brolin) upends their domestic life when he kidnaps them and hides out at their house. But it's not terror that follows: The convict is a gentle, welcome presence in a home that has lacked for a man. Left by her husband after several miscarriages, Adele had turned into a virtual shut-in, but is slowly awakened again by an unlikely love.

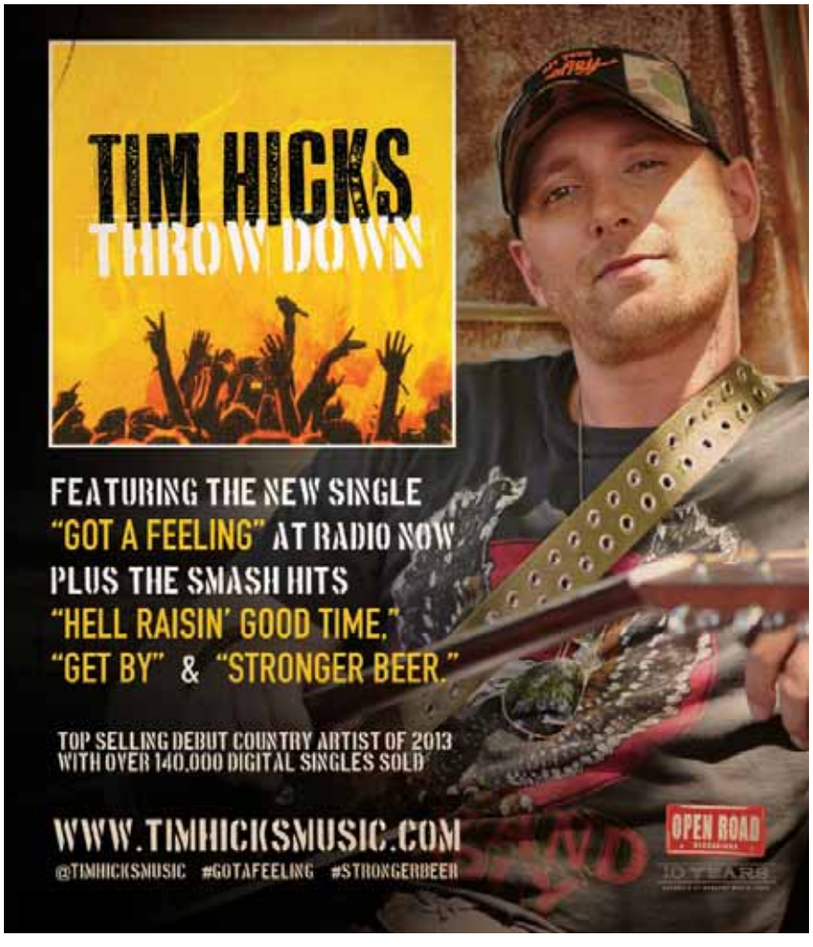
Though playing a mother in movies often means being relegated to the outskirts of the drama, Winslet's characters have had lives that aren't defined solely by children, but remain passionate, complicated individuals.

But the HBO miniseries Mildred Pierce was Winslet's greatest examination of motherhood. She played a striving, Depression-era woman separated from her husband and heartbroken by a spoiled teenager daughter.

"That film kind of almost saved my life," says Winslet. "It came along at a time when I was going through my divorce with Sam. Anyone who's been through divorce will know that every day is really hard. There were days on Mildred where I would just think, 'I don't know how I'm going to get through this day.' Somehow, I think, because the character I was playing was actually my life, it was almost like therapy."

Winslet's acting, though, has been fueled by being an outlet from her more humble day-to-day life. "When I'm not acting, I'm not acting," says Winslet. "I'm being a parent and I'm on the school run and I'm sewing labels onto socks. So when I do it, it's just such a treat. It's such a privilege and such a pleasure. It's almost like my time. It's the one thing I do that's marked for me."

THE ASSOCIATED PRESS



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Longoria's tall toon tales

Mother Up!
Eva Longoria is loving her new animated series, claiming the animation gives the stories 'more of an edge'

Mother Up! airs Thursdays at 9:30 p.m. on City. THE ASSOCIATED PRESS FILE

Eva Longoria says she's hoping to inject a little female energy into the world of animated television.

The former Desperate Housewives star says it's one of the reasons she's now doing the animated series Mother Up! for City.

"I've never done a full animated series before. I've done some voice-over work and I thought, 'Oh my God, this would be so much fun to do,'" Longoria said last spring during a stop in Toronto to promote the largely Canadian-made comedy.

"They approached me with the idea of having a female-oriented show, which is non-existent in animation.

You know, you have the Family Guy, you have American Dad, you have The Simpsons, and so there was like a void of female energy within the space."

In Mother Up!, Longoria provides the voice of lead character Rudi, a high-powered Manhattan music executive who is forced to leave her job when a public relations scandal erupts.

She decides to flee to Willowdale, Canada until the heat dies down, and dedicates herself to becoming a full-time suburban mom to her two kids.

Needless to say, the transition is not smooth. Although the hard-drinking, foul-mouthed Rudi is a shark when it comes to juggling needy celebrities and aggressive media reporters, she's a disaster among little ones.

"She thinks her business skills should transfer over to the parenting skills and she doesn't know why it's not working. She really isn't cut from the mom cloth," said Longoria, who also serves as an executive producer.

The cast includes Jesse Camacho of Less Than Kind and Rebecca Husain as Rudi's children Dick and Apple, while Gabrielle Miller of Corner Gas and Clé Bennett of Flashpoint provide the voices of Rudi's pals.

The show was developed by Rogers Media and co-produced by Canadian companies Breakthrough Entertainment and Bardel Entertainment, in association with U.S.-based Mass Animation. The series is available in the United States through the digital streaming service Hulu.

Longoria said working in animation allows for stories with "more of an edge."

"You can do more in animation than you can in live action," said the petite brunette, whose beleaguered character Gaby on the sudsy Desperate Housewives weathered her share of outrageous trials.

"All the themes and content that we deal with has been heightened because it's an animated show. So we're kind of allowed to do that, which is a lot of fun to be able to do, push the envelope in an animated form."

THE CANADIAN PRESS

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Madonna ALL PHOTOS GETTY IMAGES

Make way, yet again, for Madonna

Madonna's not done with her recent string of public appearances — she also has signed on to introduce members of Pussy Riot at Amnesty International's human rights concert in New York. The pop singer made the announcement Wednesday morning on social media. She's been busy of late, appearing on Sunday's Grammy Awards with Macklemore & Ryan Lewis and singing with Miley Cyrus during an MTV Unplugged taping Tuesday. Madonna says in a statement that she admires Maria Alyokhina and Nadezhda Tolokonnikova. They were recently released after nearly two years in jail following a conviction for hooliganism when they staged a protest in a Russian church.

THE ASSOCIATED PRESS

The curious ask George

George Clooney indulged fans in a raucous Reddit AMA ("ask me anything") session, and some of his answers were quite revealing — if not entirely serious — especially when it came to good pal Sandra Bullock, who is "an incredibly charming woman who's really just fun to hang out with. Very smart and centered, even though she does drink a lot," he wrote. "It's tricky because Sandy drinks so much that oftentimes it's just hard to keep her upright." Also worth clearing up? The idea that Clooney has "lonely eyes," which he disputes — sort of. "I actually have only one lonely eye. The other eye's got nothing but friends," he replied.

George Clooney

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Grant, in the case of many babies, Hugh are the father!

Hugh Grant is creating quite the army of heirs. It's already been reported that the Love Actually star fathered two children, one in 2011 and one in 2012, with a secret girlfriend, but now sources claim he had another child in 2012 by another woman, according to the Sun. Grant's identity as the father of Swedish TV producer Anna Eberstein's child was kept secret until December, when the one-year-old boy's birth certificate was re-registered with Grant's name on it. "Anna is being supported by Hugh all the way," a source says. "She lives in a very comfortable property and knows that Hugh is there for her. Anna's parents in Sweden know all about the relationship and she has their blessing."

Twitter

@ricky_martin
My friend, it's all about learning, it's all about growing. Don't stop.

@lindsaylohan
snow adventures!

@Mruff221
My 8 Yr old's response to Presidents plan:fight Climate Change, push more Fossil Fuel Extraction,"that doesn't sound very smart."

Grab the no-name tea and crumpets this time

Queen Elizabeth II

It looks like Buckingham Palace is facing a financial crisis of its own. According to a report by the Commons Public Accounts Committee, Queen Elizabeth II and the rest of the royal family are "spending above their means and dipping into the reserves. The balance now stands at an all-time low." So naturally some cost-cutting measures are being considered. "The Queen is always looking for ways to cut back," CNN's Victoria Arbiter says. "I think they are going to have to look at ways they can get creative in that way, whether that is opening up more palaces or more private rooms or more areas that have not been open to the public before."

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Stock style is on the rise

As the star of The Wolf of Wall Street, Leo gave us a look into the rich man's closet. CONTRIBUTED

Man à la mode. In homage to infamous banker Jordan Belfort, we've put together the '90s cut. It's time to take a gamble in the broker's best.

RICHARD PECKETT
Metro World News

Alden

leather penny loafers, $829, brownsfashion.com

Ben Sherman

paisley tie, $70, bensherman.com

Paul Smith London

Kensington slim-fit pinstripe suit, $1,690, mrporter.com

Nixon

The Spur, $300, nixon.com

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Add a splash of colour

It's time to inject some fresh hues and patterns into our homes, and there's no better opportunity to do it than while we wait for spring to arrive. So start waking up that tired, neutral decor scheme with shades ranging from strong to muted. These product picks, reminiscent of mid-century modern style, are pops of colour that can suit both modern and traditional interiors.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

This sofa by designer Bethan Gray creates womb-like curves that offer a plush, padded welcome with a late 1950's vibe. The springtime blue, linen-like fabric is also stain resistant. Pennie sofa, $1,260, crateandbarrel.com.

Sagaform's oversized coffee cups and saucers add a variety of colours to your dining table. Mix and match with the dish line to create a casual table service. POP coffee cup with saucer, $18, eq3.com.

Owls still dominate the animal-decor kingdom and are the who's-who on this embroidered cotton pillow. Owl on Branch toss cushion, $32, Urban Barn.

Add the year's hottest shade to your bathroom and show guests you're on top of the colour trends — even if it's just in a washcloth. Lacoste Croc Wash berry washcloth, $13.50, thebay.com.

Add some spring green and orange to the floors with a cotton-viscose rug inspired by the spice colours of India. Fab dhurrie, 4 x 6 feet, $475, ecarpetgallery.com.

Shower with the world's largest paint chips in a retro monochrome scheme. Shades Of Blue shower curtain, $20, simons.ca.

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SPOTLIGHT SHINES ON CAPSTONE

Whether it's natural sunlight shining through the large windows, bright lighting in the kitchen helping the chef prepare a meticulously cooked meal, or well-placed mood lighting creating just the right effect in the dining room, the way a home is lit changes everything.

Capstone, a new boutique condo development of only 71 homes, built by Fairborne and located in the Lower Lonsdale neighbourhood of North Vancouver, was designed to let the light in.

With its warm, bright interiors, Capstone creates a welcoming place for its residents.

Built on an intimate scale, the six-level, concrete and glass development and its balconies are positioned so that every home receives plenty of natural light.

"When residents want to soak up the sun, whether they're hosting a barbecue or drinking their morning coffee, that's what the balconies were designed for," says Chad MacTavish, sales manager at Capstone. "We wanted to create spaces that feel open, bright and airy."

CONTRIBUTED

Capstone's one-bedroom-and-den and two-bedrooms range in size from 690 to 1,100 square feet. The development's one-bedroom-plus-den homes begin at only $382,900 — a great deal for first-time buyers or couples looking to downsize. For a limited time, Fairborne is offering $8,000 off its one-bedroom-and-dens.

Designed by award-winning firm Buttjes Architecture Inc., Capstone has a modern feel. Now well under construction, Capstone will be Fairborne's fourth concrete residence in Lower Lonsdale.

The interiors maximize space with thoughtful floor plans. Nine-foot ceilings and oversized windows increase the lofty feel of the homes.

Features in the home live up to the same standards of quality. The homes have durable and easy-to-clean laminate flooring throughout the entry, kitchen, living and dining rooms.

Those who love to cook will appreciate the intelligently organized, state-of-the-art kitchens, which are just as beautiful as they are functional. The counter-depth Fisher & Paykel stainless steel fridge and premium, stainless steel KitchenAid appliances and gas cooktop come alongside double-thick granite countertops, a tile and glass backsplash, and real wood cabinetry with soft-close doors and drawers. All appliances are full-sized.

The elegant finishings continue into the bathroom, which features natural stone countertops, large porcelain floor tiles, a frameless glass shower, a built-in medicine cabinet and a high-end Kohler toilet.

"We paid attention to those details we knew would be important to our buyers over the long term," MacTavish says.

For more information, call 604-929-8870, or visit liveatcapstone.com.

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THE BEST OF BOTH WORLDS

Vancouver is a patchwork of European and Asian influences, old and new, exciting city and peaceful suburbs, and nowhere is this fusion more apparent than in Cambie Village.

Since the Canada Line SkyTrain opened four years ago along Cambie Street, tracing a rapid transport line between downtown Vancouver and Richmond, Cambie Village, the region of Cambie Street between the foot of the Cambie Street Bridge and King Edward Avenue, has thrived.

It's an area that has increasingly attracted investors and homebuyers, but until now, not much new real estate was being built around it. Cambie+7 ("Cambie and Seven") is a new development located at Cambie Street and 7th Avenue, and it takes full advantage of the amenities and conveniences that Cambie Village has to offer.

Tucked around the corner from bustling Cambie Street on a quiet street and bike route, Cambie+7 has the best of both worlds — it's far away enough from the main street to be peaceful, but close enough to be very convenient.

Residents at Cambie+7 will be able to find everything they need within a short walking distance, including several grocery shopping options, a liquor store, restaurants, shops and services.

The SkyTrain line has been a draw for many shops in recent years, and has made the area the largest hub in Vancouver outside of downtown.

Cambie+7 residents will find this a convenience not only in the accessibility to many shopping and entertainment options, but also to the SkyTrain itself. The development is approximately a five-minute walk from two different train stations — Olympic Village and Broadway City Hall.

Should residents want to visit downtown, they can walk over the Cambie Street Bridge in about 15 minutes, take a bus along Cambie Street, or hop on the SkyTrain. The accessibility makes owning a car unnecessary.

When residents are looking for a walk and green space, Charleston Park is a five-minute walk away. Granville Island and its many amenities are also nearby — a perfect place to spend an afternoon.

Cambie+7 is the ideal jumping off point to get to Vancouver's best spots.

For more, visit cambie7.com.

CONTRIBUTED

AMENITIES TO SUIT YOUR LIFESTYLE

Cambie+7 is the perfect place to encourage your active lifestyle.

Within the development, you can access the new, residents-only amenities.

When you want to get some exercise close to home, you can get the body moving at the state-of-the-art fitness centre, which includes Steve Nash Fitness World and Sports Club, Executive Lifestyles, and GoodLife Fitness.

If you have a bike, you can keep it in your own bike locker. The neighbourhood includes many great bike routes that lead around the city. Seventh Avenue, the street on which Cambie+7 is located, is a designated bike route. Take it west and ride all the way to Granville Street and beyond to Vancouver's West Side, including Kitsilano and Jericho Beaches.

Back at Cambie+7, the multi-purpose room provides an exclusive place for residents to bring their friends to celebrate.

For residents who enjoy sitting with a cup of coffee, the development's landscaped terraces provide a great spot to watch the world go by.

COMFORT AND LUXURY WELCOME CAMBIE+7 HOMEOWNERS

Even if all the shops, services, eateries and entertainment are nearly in your backyard, a home just isn't a home without a well-designed, welcoming interior.

Cambie+7 interiors were designed so residents won't want to leave the house. Not only do the condos have beautiful finishings that give them a feeling of comfort and luxury, they also have smart organizational solutions to help residents maximize their use of space, and organize their belongings with ease.

The condos have high-quality interior specifications.

Marble flooring in the bathrooms make every bath feel like a spa.

Quartz countertops in the kitchen and bathrooms will give your dinner parties extra polish.

And for anyone who enjoys spending time in the kitchen, Fisher & Paykel appliances, including a gas range and a fully integrated Fagor fridge make cooking a pleasure. Don't be surprised if the kitchen becomes the social hub of your parties.

Underfoot, high-quality wide-plank laminate flooring is durable and easy to clean. Wool-blend carpeting in the bedrooms provides a warm place for your feet in the morning.

The Cambie+7 development is a collection of 57 condos in a concrete tower, plus seven townhomes. The condos range from one- to three-bedroom, and from 460 to 1,011 square feet, and the majority of homes are priced at less than $439,900.

CAMBIE+7

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MEETING THE NEEDS OF MODERN RENTERS

Intelligent rental apartment design is hard to find. R4 and R5 in Richmond are here to change that.

The two new waterfront rental apartment buildings were designed specifically to provide a practical, beautiful living experience for renters, says Natalie Genest, marketing manager of Riverport Flats, a new rental apartment development in Richmond.

"Riverport Flats units were designed to meet the needs of the next generation of renter," Genest says. "Quality and durability are incorporated into every detail because we know that's what our future residents value."

Located along the riverfront at Riverport Way in Richmond, R4 and R5 share similar design features. Home sizes range from studios to two-bedrooms.

Large, low-E windows provide expansive views and plenty of natural light while maintaining energy efficiency.

"The building is designed for the best possible views," Genest says. "Each suite takes full advantage of the beauty of the waterfront."

Energy efficiency was paramount during the design and development phase of Riverport Flats.

The newly launched R5 includes Shaw Exo Internet WiFi service, while fibre optic cabling throughout the building will offer high-speed broadband Internet connectivity, whether residents are working from home or watching movies online.

The apartment fixtures and finishes give the homes a sleek, inviting feel. Floors come in a natural, wood-grain laminate, and the stainless steel kitchen appliances and modern bathroom fixtures bring a thoroughly 21st-century esthetic to each home.

CONTRIBUTED

For residents who want to lift the luxury a notch, R5 homes include granite Quartz countertops, engineered hardwood floors, and other additional high-quality finishings.

Rent at R4 starts from just $880 per month.

"Residents can get a beautiful new waterfront apartment at Riverport Flats for a fraction of what they would pay for waterfront in Vancouver."

For more information, call 604-353-RENT (7368), email rent@riverportflats.com, or visit riverportflats.com.

SMART LIVING AT RIVERPORT FLATS

One of the biggest advantages of Riverport Flats is that its neighbourhood is perfectly balanced between urban and serene, says Natalie Genest, marketing manager at Riverport Flats.

"We summarize it by saying that R4 and R5 are optimally located for smart living," Genest says. "Serenity at your front door and everything else you need in your backyard.

"Richmond has that interesting balance. There's a bustling urban centre that's really walkable with all the shops, services, restaurants and entertainment you need, but at the same time Richmond is also a thriving agricultural community with local farmers' markets, green spaces and trails."

When R4 and R5 residents need to do some shopping, they will have the convenience of Ironwood Plaza and Coppersmith Place close at hand. Richmond's popular shopping centres, including Garden City Shopping Centre, Richmond Centre, Landsdowne Centre and Aberdeen Centre, are just a short trip away.

Richmond's productive farm community is also a great place to get fresh local produce and other products. The Richmond Country Farms Market nearby is open from April to December, and offers organic, heirloom and locally grown produce at good prices.

CONTRIBUTED

For those who love to shop south of the border, Bellis Fair shopping centre is just across the U.S. border. For bargain hunters, it's just 90 minutes to Seattle's premium outlet stores.

Closer to home, residents can get their exercise at the Riverport Flats fitness centre. When they want to take a dip, they can head to WaterMania, a local aquatic centre with many features, including a wave pool.

"We really do have everything you're going to need within reach," Genest sats. "Riverport Flats is a great place for anyone who enjoys a slower pace sometimes, but at the same time loves that ease of being able to access the city."

For residents with children, nine elementary and secondary schools are located close by, so elementary and high school students won't have to venture far to get to school. University students will have easy access to Kwantlen University's Richmond campus.

GET OUT AND MEET YOUR NEIGHBOURS

At Riverport Flats, you can easily spend all day out of the house enjoying the surrounding green space, views and resident-only facilities, says Natalie Genest, marketing manager for Riverport Flats.

"This is a great place to come out and meet your neighbours," she says.

The development's air-conditioned, resident-only fitness facility gives residents the opportunity to work out while taking in a spectacular view of the riverfront.

When it's time to relax, the development's terrace offers a beautifully designed garden with a barbecue area for hosting your own grill-a-thon. The nearby playground gives kids a place to play within reach.

"There's always something to do," Genest says.

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COMFORT IS PRIORITY AT BALANCE

Urban density is making micro condos the future of city living in Metro Vancouver, says Charan Sethi, president of Tien Sher Homes and developer of Balance, a new development of micro condos in Surrey's vibrant downtown.

"Micro condos provide the perfect balance of downtown living and affordability," Sethi says. "That's the reason we called this collection of condos Balance."

The condo development, selling now and due to be completed this coming fall, was a concept to make condos affordable again for younger people and downsizers who wanted to live close to the city. The micro condo idea originated in dense urban centres in Asia, where space is at a premium, just as is becoming the case in Metro Vancouver, Sethi says.

Surrey's population is expected to increase by about 300,000 people over the next 30 years, according to the City of Surrey.

At Balance, comfort is still a priority, Sethi says.

"These homes have high-quality finishes and fixtures so residents will love where they live."

The four-storey micro-unit condo development has 48 micro units that range between 301 and 649 square feet. Five one-bedrooms and one two-bedroom remain, and prices start at just $126,900. Eight homes are available at less than $139,900.

The Balance discovery centre is open noon to 5 p.m. daily (except Friday) at #114-10768 Whalley Blvd. in Surrey. Reach the Balance sales team at 604-424-8900. For more, visit liveatbalance.ca.

CONTRIBUTED

JADE SYMBOLIZES HARMONY AND STRENGTH

There is a reason why Tien Sher Homes decided to name its newest townhome and garden suite development Jade. The stone has been admired for thousands of years for its natural beauty, and symbolizes harmony and strength. And, of course, it's green. All of these qualities are what Tien Sher Homes had in mind when it created this new development, selling now.

The garden suites are a particular draw at the development, which is located in the quiet McLennan North neighbourhood in the heart of Richmond.

"It's rare in Vancouver to find one-bedroom garden suites," says Charan Sethi, president of Tien Sher Homes and developer of Jade. "We've had a really positive response to them so far."

The development has seven, 481-square foot garden suites starting at $258,800, with radiant floor heating included. Its 17 three-bedroom townhomes start at 1,270 square feet and $576,800.

CONTRIBUTED

There are also seven larger 1,769 square-foot townhomes unique to Jade only. The first phase of homes are now selling.

"Jade is a wonderful place for first-time buyers because the prices are exceptional, the homes are high quality and the neighbourhood is full of amenities," Sethi says.

Buyers have many upgrade options to customize their homes to their liking, with features including paint colours, a solar panel package, radiant heating and air conditioning.

Jade is located down the street from McLennan North Park (a.k.a. Garden City Park) offering several acres of trails, kids' playgrounds and picnic areas, elementary and secondary schools and only a 15-minute walk or short drive to the Canada Line and Richmond's shopping, services, recreation and entertainment.

The Jade presentation centre is open noon to 5 p.m. daily (except Friday) at 9691 Alberta Rd., Richmond. Reach the Jade sales team at 604-424-8888. For more, visit jadeliving.com.

TIEN SHER SURPASSES EXPECTATIONS

With more than 21 years experience building homes in Metro Vancouver, Tien Sher has earned a solid reputation for its well-chosen neighbourhoods and high-quality construction.

The Richmond-based home developer's award-winning projects always have superior quality and lasting value. Its current developments — Quattro, Jade and Balance — are a testament to the diverse buyers Tien Sher builds homes for, from singles to young families to downsizers.

With every building it develops, Tien Sher designs and builds homes that surpass buyers' expectations.

QUATTRO3 FEATURES MANY QUALITIES

Diversity is the key to Surrey's rapid growth and its appeal as a multicultural destination. To find those qualities all in one place, look no further than Quattro3, a new condo development by Tien Sher Homes.

"Surrey is the most exciting place to be building in Metro Vancouver," says Charan Sethi, president of the Tien Sher Homes. "It's full of multiculturalism and people of all cultural backgrounds and ages living and working together. That's why we built Quattro3 to accommodate a wide range of needs and interests."

Located in Surrey's downtown core, homebuyers are within a short walk to the city centre's many conveniences and amenities, including Gateway SkyTrain Station, Central City Mall, Simon Fraser University and the new City Centre Library.

Homes in the six-stoery, 164-unit development start at $159,900 for a junior one-bedroom. Quattro3 is more than 90 per cent sold, with select one- and two-bedrooms still available, plus Yaletown-inspired lofts.

The Quattro discovery centre is open noon to 5 p.m. daily (except Friday) at #114-10768 Whalley Blvd. in Surrey. Reach the Quattro sales team at 604-424-8000. For more, please visit quattroliving.ca.

Yaletown inspired condos starting at $159,900 and loft homes starting at $225,900.
For more information 604.581.8000 • #114 – 10768 Whalley Blvd., Surrey
Open daily 12pm – 5pm (except Friday)

Quattro 3 be connected
www.quattroliving.com

Urban contemporary Studio, 1 & 2 bedroom condos
Starting at $126,900

For more information: 604.424.8900
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Open daily 12pm to 5pm (except Friday)

BALANCE
www.livebalance.com

Elegantly designed 3 bedroom townhomes and 1 bedroom garden suites. Starting at $258,800 garden suites and $576,800 townhomes

For more information: 604.424.8888
9691 Alberta Rd. Richmond
Open daily 12pm – 5pm (except Friday)

JADE
www.jadeliving.com

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FULL OF ACTIVITY

MET2 LOCATED IN METROTOWN AREA

CONTRIBUTED

Metrotown is the place to buy a condo in Burnaby. It's Burnaby's biggest urban centre with Metropolis at Metrotown, B.C.'s largest mall, and easy transportation downtown via the Metrotown SkyTrain station. The neighbourhood is growing and now is the time to own, says Grant Murray, vice-president, sales, at Concord Pacific.

"The Metrotown area is always full of activity," says Murray. "It's a major urban centre and thousands of people come through the SkyTrain station and mall every day. That's not to mention the great number and wide variety of shops, restaurants and services available at your fingertips here."

MET2, Concord Pacific's new highrise condo tower, will be located in the heart the Metrotown area at 6550 Nelson St. The development is strategically placed just off the major streets so residents will be able to enjoy the peace and quiet of the suburbs, paired with the excitement and accessibility of the city, Murray says.

"MET2 has very easy access to the Metrotown area and mall — everything is within a short walking distance — but at the same time the development is tucked away in a less trafficked area," Murray says.

Metropolis at Metrotown has 450 stores for residents to enjoy, including Coach, Michael Kors and other well-known fashion brands. Techies will have a wealth of options at their fingertips, including the Apple store and Best Buy. There's also plenty of selection for grocery shopping, including T&T Supermarket and the Real Canadian Superstore.

MET2 is situated between two parks — Bonsor Park and Lobley Park. "It's a great place for residents and families to get outside and enjoy the green space at their doorstep."

Burnaby's expansive Central Park is also easily accessible, about a 15-minute walk or five-minute bike ride from MET2. With its winding forest trails, meadows, ponds and golf course, Central Park is a go-to place for outdoor fitness in the Metrotown area. The park even has public fitness equipment along its paths.

"Burnaby has been named Canada's best-run city, and the Metrotown area is a great example of that," Murray says. "It's a great place to call home."

For more information, visit met2.ca.

MET2 HAS EVERYTHING HOMEOWNERS NEED

Homes at MET2 were built for practicality, beauty and comfort. The new Burnaby highrise was designed to provide residents everything they need, says Grant Murray, vice-president, sales, at Concord Pacific.

The development's one-, two- and three-bedrooms homes range from 505 to 1,012 square feet of enclosed space, plus a spacious balcony or terrace available with most homes. Prices start at $279,900.

The interior design was created to lend the homes a sense of beauty and simplicity, with two colour schemes to choose from — Hamptons (light) and Manhattan (dark).

The homes feature wide-plank laminate flooring, and include deep, durable carpeting in the bedrooms of two-bedroom and two-bedroom-plus suites. Laundry closets come with marble tile flooring — every home comes with a stackable front-load washer and dryer. Homes also come with air conditioning.

Since the homes are located on one of the highest points in the city, MET2 windows offer a great view, not to mention lots of natural light. The homes also have high eight-foot, eight-inch to nine-foot, four-inch ceilings in most suite areas.

If residents want to venture from their beautiful homes there are many amenities to take advantage of within the development. For get-togethers, residents can take their guests to the extensive entertainment garden, which includes water features, a fire pit, and an outdoor terrace lounge with barbecue kitchen.

After dinner, step up your party with a trip to the games room. Challenge your friends to a match in the bowling alley, or to a game of Ping-Pong. The outdoor putting green and the state-of-the-art, high-definition golf simulator provide the perfect place to sharpen your golf skills at the Central Park Pitch and Putt, located nearby.

CONTRIBUTED PHOTOS

"Whether you're having a romantic night in for two, or a barbecue with friends, the amenity spaces at MET2 are the perfect place to relax."

KICK WORKOUTS INTO HIGH GEAR

If a hard-core shop isn't enough of a workout, residents have a plethora of options at their doorstep.

You can get your dance and yoga fix at the studio within MET2, or kick your workout into high gear in the cardio gym, which features the latest fitness equipment, including web-touch customizable cardio machines that let you access Twitter, YouTube and other online applications.

Residents can start the day with a swim in the development's private pool, followed by some relaxation in the hot tub, steam room and sauna.

More fitness options are located just next door to the development at Bonsor Recreation Complex, which offers fitness and recreation classes of many types, as well as a fully equipped gym, cardio room and swimming pool.

MET2

5 Diamond Residences. Park Front Surroundings.

METROTOWN LOCATION AT ITS BEST

COMING SOON

Surrounded by Bonsor and Lobley Parks, steps away from Metropolis, BC's largest shopping centre, and Bonsor Community Centre is MET2, the latest development by Concord Pacific, Canada's largest community developer.

Residents of MET2 will enjoy a magnificent 5 diamond luxurious lifestyle that includes concierge service in the grand lobby and amenities such as a heated indoor swimming pool, hot tub, golf simulator, 10-pin bowling alley, lawn bowling and much more.

MET2 is the most glamorous and dynamic residence in Burnaby.

REGISTER NOW

MET2.ca

604.899.8800

1, 2 & 3 BEDROOM HOMES STARTING FROM $279,900

(Including parking, central air-conditioning, high ceilings and marble)

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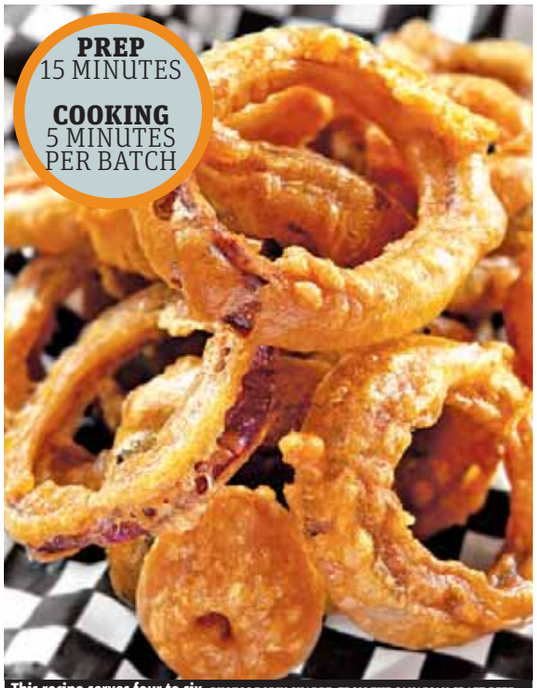
CONCORD PACIFIC

Your very own Super Bowl rings



This recipe serves four to six. PHOTOS ROBIN SHARPE, FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS)

FLASH FOOD

From your pantry to your table in 30 minutes or less

"Compared to fries, when hand-dipped and made to order, onion rings are difficult for a restaurant to manage well," writes David Ort in The Canadian Craft Beer Cookbook. "I'll be honest that these aren't an everyday recipe for me, but if you're going to indulge, make sure you do it right.

"Surrounding hot slices of onion, the banana, orange and clove flavours in the witbier will brighten and concentrate. I use red onion for this recipe because I'm a bit of an oddball. Spanish onions are more traditional and are a good choice if you can't find a big enough (noticeably larger than your fist) red onion."

1. Lay out two cookie sheets and place a wire rack on each. This rig will work both for letting excess batter drip away and to cool the rings once they come out of the hot oil.

2. Set a Dutch oven over medium heat and fill with 2 inches (5 cm) of oil. Heat the oil to 375 F (190 C).

3. Pour the cold beer into a medium mixing bowl. Use a fine-mesh strainer to sift the flours into the beer. Add baking powder and salt, and mix to combine, but be careful not to overmix. Put slices of onion in a resealable bag or lidded container with the 2 tablespoons (30 ml) of rice flour and shake to coat the onion lightly.

4. Use tongs or chopsticks to transfer onion pieces from flour to batter and then to the racks set over the cookie sheets, where excess batter can drop off.

5. Carefully transfer the battered rings to the hot oil and continue to monitor the oil's temperature. Work in batches that are small enough to not crowd the pan. Cook for 2 to 3 minutes a side or until rings are deep golden brown. Hold cooked rings on a clean wire rack while you fry subsequent batches. Season the rings with fine sea salt immediately after they come out of the hot oil.

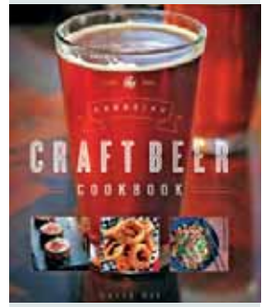
Ingredients

- 5 cups (1.25 l) peanut or rice bran oil
- 1 cup (250 ml) witbier, cold
- 2 oz (60 g) all-purpose flour (about 1/2 cup/125 ml)
- 2 oz (60 g) rice flour (about 1/4 cup/80 ml) plus 2 tbsp (30 ml) for dusting rings
- 1/2 tsp (2.5 ml) baking powder
- 1/4 tsp (1 ml) fine sea salt
- 1 large red onion, cut into 3/4-inch (2 cm) slices

RECIPES EXCERPTED FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS) BY DAVID ORT

Cookbook of the Week

Cook and sip



Craft beer has soared in popularity and now David Ort offers an introduction to it and a broad range of recipes that use craft beer as an ingredient.

The Canadian Craft Beer Cookbook includes starters and snacks, noodle and rice dishes, seafood, meat and poultry; and even beer cocktails, sweets and desserts. Each recipe includes a recommendation for a specific Canadian craft beer as the beer ingredient.

Among the recipes are: Tabbouleh, Clam Chowder, Jerk Chicken, Brownies, and more. METRO

KAL TIRE

Career Fair

Kal Tire is looking to meet with hard working and motivated individuals that are eager to get their career started on the right track.

Opportunities available:

Management Trainee
(Various locations throughout the Lower Mainland)

Automotive Technician
(Throughout Northern B.C. and Alberta)

Dates
February 4th and 5th, 2014
Time: 2pm - 8pm

Location
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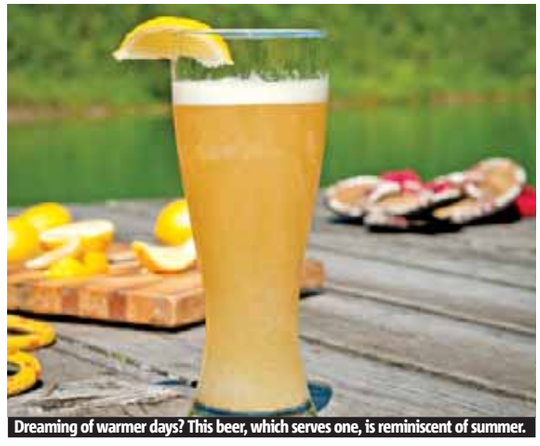
Drink. Radler



Dreaming of warmer days? This beer, which serves one, is reminiscent of summer.

"This cocktail comes with an amusing back story," writes David Ort in The Canadian Craft Beer Cookbook. "In 1922 the owner of a country pub outside of Munich is overrun with a crowd of 'bikers' so large that he worries he'll run out of pilsner. Thinking quickly, he cuts the beer with sparkling lemonade and everyone goes home happy.

"Great yarn, but the drink was probably invented by 1912 and 'radler' is German for cyclist. Some sources allow the use of lemon-lime soda like 7UP or Sprite, but I really think it pays to find a sparkling lemonade that isn't quite as sweet. Making your own sparkling lemonade is also a great excuse to use that seltzer maker you bought years ago and haven't used since the novelty wore off."

1. Chill both the lemonade and beer very well. Combine in equal proportions and serve in large mugs or tall glasses. Garnish with a lemon wedge.

Ingredients

- 2 cups (500 ml) sparkling lemonade
- 2 cups (500 ml) pilsner
- lemon wedge, for garnish

For your phone

Epicurious Recipes & Shopping List (iPad/iPhone/ Android; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With an impressive revamp, this old favourite seems new again.

A better layout combined with a recipe box, shopping list, helpful categories, and voice controls makes collecting recipes a delight.

Super Bowl

Beast Mode saves his breath for the big game

Beast Mode was Least Mode again.

Seattle Seahawks running back Marshawn Lynch abruptly ended his media availability — again — walking away from a throng of reporters while escorted by a member of the New Jersey State Police on Wednesday after about seven uncomfortable minutes in which he answered just a few questions.

The elusive Lynch, who created a stir at media day Tuesday by talking for only 6 1/2 minutes, writhed in his seat and leaned his head back at times.

Marshawn Lynch GETTY IMAGES

A few dozen reporters, lined up as much as five deep, tried to ask questions during the players' 45-minute availability at the team hotel.

"I really don't have too much to say, boss," Lynch said in a tone barely above a whisper. "I really don't. I appreciate it, but I don't get it. I'm just here so I won't get fined, boss. That's the only reason I'm here."

Earlier this month, Lynch was fined $50,000 for not co-operating with the Seattle media. The NFL put that fine on hold, saying it would be rescinded if he complied with media obligations.

It didn't appear Lynch would be fined, for either Tuesday or Wednesday.

THE ASSOCIATED PRESS

Canucks caught sleeping in the 2nd

NHL. Vancouver blows early lead, gives up five straight goals in last game of home stand

CAM TUCKER
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It was going so well. Roberto Luongo was standing on his head. Tom Sestito showed once again a different use for his hands.

Then, as quickly as things began to look up for the Vancouver Canucks, they fell apart in a nightmarish second period against their rivals from the Central Division, the Chicago Blackhawks, in Wednesday's National Hockey League game at Rogers Arena.

The Blackhawks scored four times, including three in just four minutes and 17 seconds, to turn their two-goal deficit into a two-goal lead over the Canucks, who were concluding a four-game home stand.

Their collapse in the middle period resulted in a 5-2 loss.

For the first 25 minutes, Luongo was the best Canucks player on the ice. He had to be. The Blackhawks held a decisive edge in play and shots on goal.

When the buzzer sounded to end the first period, the Canucks held a 1-0 lead. Chris Higgins opened the scoring 16 seconds into the game with his 15th goal of the season.

Blackhawks defenceman Duncan Keith tries to clear Canucks centre Brad Richardson away from Corey Crawford during the first period in Vancouver on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Sestito made it 2-0 less than three minutes into the second period.

But a David Booth penalty for goalie interference — he knocked over Corey Crawford after charging hard to the net on an odd-man rush — would spell the beginning of the end for the Canucks.

Marian Hossa finished off a clinical passing play, going top shelf over a sprawled-out Luongo.

Brandon Saad, Jonathan Toews and Patrick Sharp tallied to give Chicago the lead.

Upper-body injury

Tanev out possibly until after Olympics

The Canucks were without defenceman Chris Tanev on Wednesday, with assistant coach Mike Sullivan saying he is day-to-day with an upper-body injury.

Some media outlets reported Tanev has a broken thumb. Sullivan did not confirm that.

It's possible Tanev may not return to the lineup before the NHL shuts down for the Olympics. The Canucks' final game before the break is Feb. 8.

Tanev, 24, has been Vancouver's most consistent defenceman this season, with five goals, 14 points and a plus-eight rating. CAM TUCKER/METRO

UFC plans Vancouver return after 3-year hiatus

Sarah Kaufman GETTY IMAGES FILE

The Ultimate Fighting Championship is coming back to Vancouver for Round 3.

At a press conference Wednesday in Quebec City, Victoria's Sarah Kaufman announced that Rogers Arena will be the host site for UFC 174, scheduled to take place June 14.

"Having my very first fight in Vancouver, only once since then have I fought in B.C. at all so the opportunity (to possibly fight) in front of the hometown crowd, in my country with such avid fans of the sport would be an amazing opportunity," said Kaufman, the former Strikeforce women's welterweight champion.

5 for fighting

The UFC will hold a total of five shows in Canada in 2014, including new stops in Halifax and Quebec City.

- Fights cards will also be held in Toronto and Montreal.

The Vancouver stop is one of five scheduled UFC live events coming to Canada this year.

Vancouver has hosted two UFC events in the past to varying degrees of success. In 2010, it made its debut in the city, which has seen mixed martial arts grow substantially in popularity over the years.

That event, which featured MMA stars Rich Franklin and Chuck Liddell as the main bout, at Rogers Arena was sold out, with a capacity crowd of 16,915 and $4.2 million US earned at the gate, according to numbers kept by the UFC.

UFC 131 was not as successful as the city's debut event in the previous year. Attendance dropped to 14,685, with $2.8 million US in live gate revenue.

Helping to pave the way for UFC's return to Vancouver, it's believed, was the formation of the B.C. Athletic Commissioner, passed through the provincial legislature in May of last year. It now oversees regulating professional boxing and mixed martial arts in the province. CAM TUCKER/METRO

4 SPORTS

Gillis yet to settle scoring shortcomings

THE HOCKEY NEWS
Ronnie Shuker
vancouver@metronews.ca

GM Mike Gillis will have to trade away something substantial to get proven scoring in return. RICH LAM/GETTY IMAGES

If GM Mike Gillis hasn't taken a lengthy look at the schedule lately, he may want to peruse the next quarter season, because if the Canucks are to secure a playoff spot, they'll have to do it during the toughest part of their schedule.

After Wednesday's game against the Chicago Blackhawks, Vancouver plays 13 of 20 games on the road from Jan. 31 to March 27, including a five-game swing that will take the Canucks into the Olympic break. It'll be almost a month before they play their next home game on Feb. 26. Vancouver finishes the season with six of seven games at home, but it'll be too little, too late by then if the team doesn't string together some wins away from Rogers Arena. And it won't be easy. Of those 13 road games, all but one (Florida Panthers) are against teams currently .500 or better. The Canucks were impressive on the road early, going 7-2-2 to start the season, but since then they're just 6-8-2. And their punchless offence, ranked 22nd overall, drops to 25th on the road.

Combine all these factors and it's hard to believe the Canucks will be any better positioned two months down the road than they are now, as they hang onto the last playoff spot in the Pacific Division with a chance to catch the L.A. Kings for third. The likely scenario, however, is that Vancouver will have to chase down a post-season position in early April.

That's because the roster looks to remain status quo. In a previous column, I suggested targeting pending unrestricted free agents Matt Moulson or Thomas Vanek. Gillis's choice? Vinny Prospal, a 38-year-old UFA who hadn't played a game since last April. It reeked of desperation. Of course Prospal decided to retire rather than report to the AHL's Utica Devils. Gillis knows what his team needs. He just won't do what's necessary to address it.

And that's not likely to change. As surely as the Canadian dollar falls, the demand for a scoring winger will only rise as the March 5 trade deadline approaches. And if Gillis hasn't been willing to pay the price so far, it's unlikely he'll pay it later on when it gets even higher. If fortune favours the bold, then misfortune looks to be in the Canucks' future.

NBA

Olynyk gets chance to stack up against fellow young ballers

Kelly Olynyk GETTY IMAGES

Kelly Olynyk, from Kamloops and a rookie with the Boston Celtics, was among 18 players selected for the 2014 BBVA Compass Rising Stars Challenge to be played at the upcoming NBA all-star event next month.

The 18 players will make up two teams, which will be named at the Rising Stars Challenge Draft on Feb. 6. The game itself goes Feb. 14 in New Orleans.

Olynyk is averaging 6.6 points and 4.4 rebounds per game with the Celtics. METRO

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Horoscopes

♈ Aries
March 21 - April 20
This will be an enjoyable day and it will be more enjoyable still if you don't waste time worrying what others might think about what you are doing — or who you're doing it with!

♉ Taurus
April 21 - May 21
If you need to ask a favour of someone in a position of authority, now is the time. Cosmic activity in the career area of your chart makes it easy for you to approach employers.

♊ Gemini
May 22 - June 21
If others want to take control and decide what you are going to do together, you should let them. Today's new moon means you can afford to sit back and let partners make the difficult decisions.

♋ Cancer
June 22 - July 23
Try to take things easy today because if you tire yourself out, physically or intellectually, it may take a while to recover. You don't need to be as intense as you usually are. Everything will turn out for the best no matter what you do.

♌ Leo
July 24 - Aug. 23
Whatever goals you set over the next few days, you will reach them with ease. But don't spend all your time and energy on work: This is potentially one of the best days of the year for affairs of the heart.

♍ Virgo
Aug. 24 - Sept. 23
Something you've worried about for weeks will resolve itself in your favour thanks to the new moon. There is a lesson: Nothing is ever worth getting too worked up about.

♎ Libra
Sept. 24 - Oct. 23
You can sense that something marvelous is going to happen over the next 24 hours but you don't know what it is. Whatever it is, make the most of it.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how badly someone may have let you down, forgive them. There is no point holding a grudge, not when there are so many wonderful things going on in the world.

♐ Sagittarius
Nov. 23 - Dec. 21
You should be feeling more relaxed about life now and today's new moon will put you in the mood to go out and have fun with your friends. Partnerships and relationships will make you happier than you ever thought possible.

♑ Capricorn
Dec. 22 - Jan. 20
Lady Luck will smile on you today. Good things will come your way without you having to do very much at all to attract them. Having said that, don't give away any personal information and don't try too hard. Just let it happen.

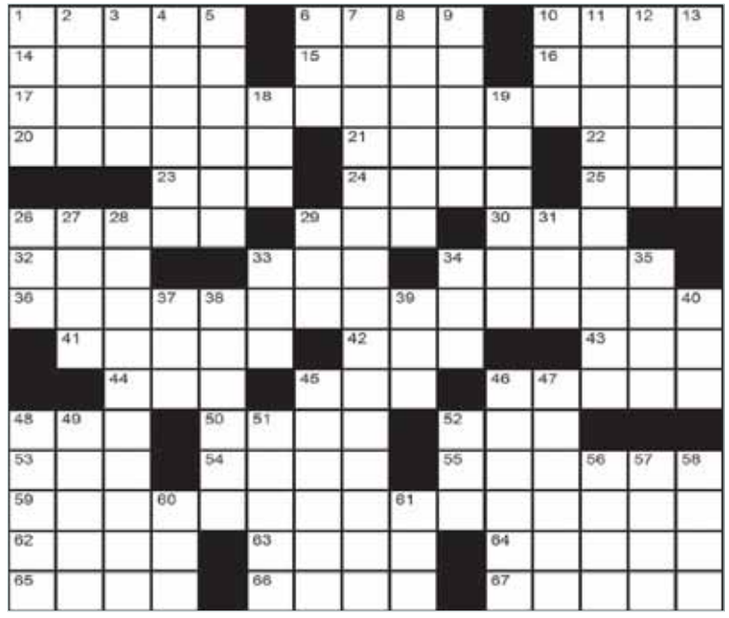
♒ Aquarius
Jan. 21 - Feb. 19
Today's new moon in your sign makes this the perfect time to start something you always wanted to do but never had the courage. Now you do — so get on and make it a success.

♓ Pisces
Feb. 20 - March 20
Why do you let doubts hold you back? You've got to be more ambitious and more adventurous. This could be the day when your life changes for the better — but only you can make it happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

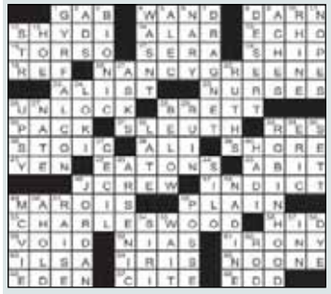
BY KELLY ANN BUCHANAN



Across
1. Ranching rope
6. "Cat on _ __ Tin Roof" (1958)
10. From square one
14. Angered
15. Michael of "Juno" (2007)
16. Way
17. The Purcells, for one: acr. + wd. + wd.
20. Postpone
21. Pick a politician
22. Nourished
23. 'Trick' suffix
24. Cosmology's original matter
25. Some badges, e.g.
26. No longer 'in'
29. Montreal Mrs.
30. Company name abbr.
32. Dadaist Jean
33. Defence contractor, with Systems
34. Bug varieties
36. Woodlands worry: 2 wds.
41. Stan's comedy partner, cute-style
42. Help
43. Poetic contraction
44. Test tube's li'l locale
45. Ctrl, Shift, __
46. Baseball Hall of Famer Mr. Sandberg's
48. Wane
50. Cutting remark
52. Racecar driver Mr. Fabi
53. Bovine's bellow
54. Sea wolf
55. NYC's infamous club, __ 54
59. Canadian ice dancing legends/ Olympians: 3 wds.
62. Eugene O'Neill play, __ Christie
63. "The King __ _" (1956)
64. Lucille Ball's co-star Desi
65. Many lipstick hues
66. Vocally vex
67. Like an annoying fly

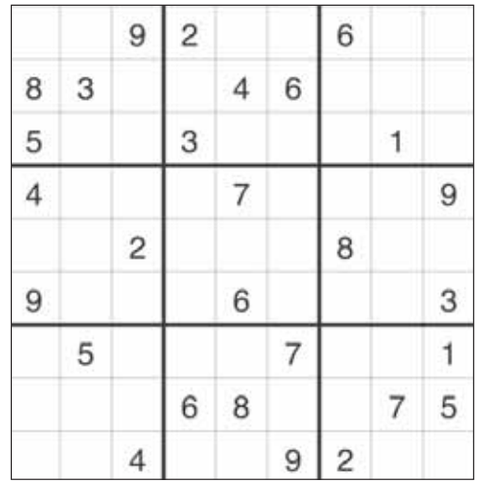
Down
1. Ad-__ (Improvises)
2. Curve
3. Equivalent
4. Shoulder scarves
5. Hors d'__
6. Perform
7. Anvil and Helix, for example: 3 wds.
8. Baltimore baseball player
9. Aunt, in Montreal
10. Simon & Garfunkel's "I __ _ Rock"
11. Book genre
12. Created by U2's guitarist?
13. Unwanted plants
18. Napoleonic Wars marshal
19. Doing that sleep state thing, say
26. __-Man
27. Folkie Mr. Guthrie
28. 1945 Ingrid Bergman/Gregory Peck thriller
29. Egyptian __ (Cat breed)
31. Bug
33. Pre-A.D. time alternative
34. "Oh, __!" (1977)
35. Snick-or-__
37. _ __ carte
38. Gift box decoration
39. English __.
40. Li'l weight units
45. Secrets to some
46. Capture all over again
47. Lionel Richie song that starts "Baby you'll find / There's only one love...": 2 wds.
48. Put into a cell
49. American frontiersman Daniel (b.1734 - d.1820)
51. Backward on the boat
52. "How naughty!"
56. Mr. Aykroyd's
57. "Take __ __ face value."
58. Sharon's rocker hubby
60. Univ. dorm supervisors
61. Dunk

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

8	3	2	9	6	4	5	1	7
7	4	6	5	1	2	3	9	8
1	9	5	3	7	8	4	6	2
5	7	3	8	4	6	1	2	9
9	6	8	2	5	1	7	3	4
2	1	4	7	9	3	6	8	5
3	5	7	6	8	9	2	4	1
6	8	1	4	2	5	9	7	3
4	2	9	1	3	7	8	5	6

Today 6°/2° Rain 70%
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